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This solar-heated house has no backup heat, yet delivers 70-degree comfort all winter long. What's more, it costs about the same to build as a conventional house.

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Cover photograph: William K. Sladcik, Inc.



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More and more families these days are heeding the message that good health starts with a healthful diet, and they're making changes to improve the quality of their daily meals. To show how easy it can be, four families share their new, nutritionally sound recipes.

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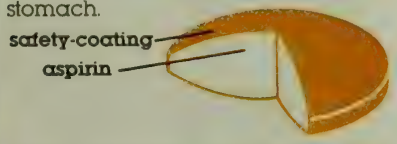
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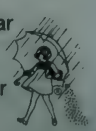


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A small portion of the contract is spelled out in your ticket. For a full explanation, check the airport ticket counter (contracts should be available for inspection), or request a copy by mail from the airlines.

Beyond your contract, the Civil Aeronautics Board still enforces three basic consumer protection rules: a baggage liability limit of up to $750 per passenger; a no-smoking seat if requested and if you check in on time; and compensation when you are involuntarily bumped from overbooked flights (usually equal to ticket price, up to $200, for delays over an hour; and twice the ticket price, up to $400, for delays over two hours). Airlines must offer to pay passengers to volunteer to be bumped before bumping anyone involuntarily.

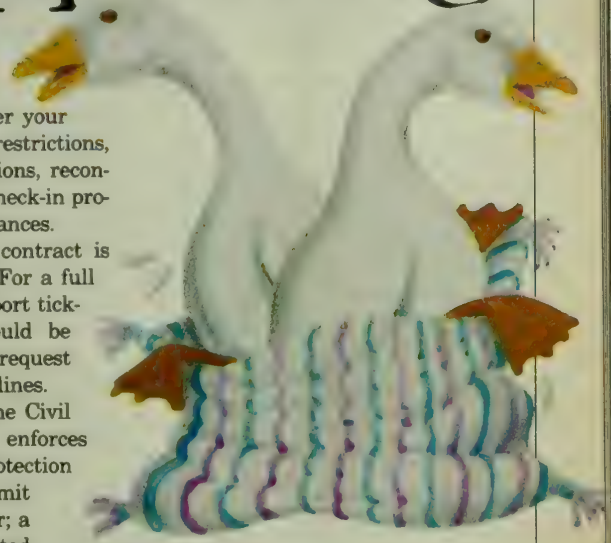
The biggest change in bumping policies is that an airline no longer has to compensate you for being bumped if it can get you on a flight scheduled to arrive within an hour of your original arrival time. If you're facing a long delay, some airlines still provide meals and lodgings, but they don't have to.

For a helpful booklet detailing passenger rights, *Facts & Advice for Airline Passengers,* send $1 to ACAP, Box 19029-BH, Washington, DC 20036.



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WHAT THE GROUNDHOG KNEW YEARS AGO

Sunshine—or the lack of it—may have more influence on your state of mind than previously was thought, say researchers at the National Institute of Mental Health. The scientists have found that exposure to bright

continued

light seems to reduce the "seasonal depression" that troubles many people.

Eleven volunteers suffering from winter depression were randomly given first one and then another type of "light treatment" for two weeks at home. One treatment consisted of exposure to white lights that simulate daylight conditions. These white lights were six times brighter than conventional fluorescent lights and 30 times brighter than the dim yellow lights that served as the "control" treatment. The lights were turned on for three hours before dawn and after dusk to give the impression of a longer day.

Within one week of exposure to the white lights, nine of the 11 people got better and stayed better. The yellow lights had no effect. The people in the study did not know what the lights were expected to do.

"Light exposure is not a do-it-yourself treatment," cautions Dr. Thomas Wehr, a member of the research team. But if you're suffering from the winter doldrums, you may feel better if you turn on more bright lights.

HOW DO KIDS FEEL ABOUT SCHOOL?

To answer that question, the National Committee for Citizens in Education (NCCE) would like to see prose (up to 125 words), poetry, epigrams, line drawings, photographs, and paintings about school created by youngsters in kindergarten through twelfth grade. Parents can submit the work, and young or handicapped students may dictate their thoughts. In return, parents will receive a free, one-year subscription to the NCCE publication, NETWORK, The Paper for Parents (an $8 value).

Send material, which should be the child's own work, to William Rioux, NCCE—Dept. CR-BH, 410 Wilde Lake Village Green, Columbia, MD 21044. Include child's name, grade, name of the school, and your name and address. Submissions cannot be returned.

Finding out what kids have to say about teachers, school buildings, fellow students, and other topics will help the NCCE plan future projects and may be the basis of a new NCCE publication.

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Share in the excitement of the Metropolitan Opera's Gala Centennial Series to commemorate its 100th anniversary. Throughout the season, opera's brightest stars—such as divas Dame Kiri Te Kanawa and Leontyne Price, tenors Luciano Pavarotti and Placido Domingo—light up the celebration in productions sure to make musical history and an exceptional season.

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Dan Kaercher

Amazing Advances in Medical Technology

Yesterday's science fiction fantasies are fast becoming reality for hundreds of thousands of disabled persons, the beneficiaries of a new wave of advances in medical technology. The artificial heart has commanded the most headlines, but other equally impressive man-made body parts are just beginning to come into use as well: ears that "hear," eyes that "see," artificial skin and blood, and electronic limbs, to name just a few.

The new arsenal of bionic replacement parts restores what has been lost to birth defects, disease, and injury. Some of the devices, such as lenses of the eye and artificial joints, are fully implantable. Others, such as arms and ears, are wearable. For problems like paralysis the emphasis is on assistive devices such as robots that help the individual with tasks he or she cannot do alone.

Many of the new devices are possible because of breakthroughs in biomaterials—new ways of processing and coating metals, plastics, ceramics, carbon, porous materials, and composites of various substances. Miniaturized electronics and long-lived batteries offer new physical mobility to the wearers of many replacement parts.

Despite their dazzling technological successes, medical scientists say they are guided by a single overriding goal. "The emphasis is on the restoration of happiness," says Dr. Willem Kolff of the University of Utah, "We are interested in rehabilitating the whole patient, not just in replacing defective parts."

Electronic limbs for amputees

Hands and arms are so complex in what they do and how they look that until recently scientists have been stymied in developing an all-in-one replacement. Just as someone who wears glasses may have one pair for reading, another for driving, and still another for sports, some amputees rely on an assortment of devices.

But the new technology is changing all that. An outstanding example is a totally electric elbow and hand system developed at the University of Utah Center for Biomedical Design (the hand and forearm are pictured here alongside a real hand). It's an exaggeration to say that this device is run by the user's thoughts, but the process does indeed start in the brain. An idea, such as "Hold that cup," activates remaining arm or shoulder muscles that normally would help perform the task.

The artificial limb picks up the body's own electrical signals through sensors placed over the muscles that have been activated. There the signals are converted by a microcomputer into a command to turn on battery-powered motors that smoothly move the elbow up and down and open and close the hand. The combined electronic arm and hand weighs about five pounds, only slightly less than the natural counterpart in most instances. A skin-like glove gives the hand a more realistic appearance. About 100 amputees already are using the device, reports engineer Stephen Jacobsen, M.D., director of the Center. It costs from $17,000 to $30,000, depending on individual requirements.

The jobs that your leg does—bearing your weight and walking—are less intricate than those done by the arm, and most artificial legs have been little more than stilts. Now researchers at the Drexel University and Moss Rehabilitation Hospital in Philadelphia have a new electronic leg for people with above-the-knee amputations.

The leg works much the same as the Utah arm and hand: It's activated by signals from remaining muscles in the user's thigh and hip. A computer analyzes the signals and translates them into commands to flex or extend the knee, or to move to any point in between. The leg is tethered to a separate minicomputer for now, but Dr. Gordon D. Moskowitz, head of the research team, reports that within three to five years the electronics will be fully integrated into a natural-looking form.



Walking machines for the paralyzed

Damage to the spinal cord—often the result of motor vehicle or sports accidents—usually is sudden and irreversible. Although both the muscles below the level of the injury and the nerves that energize them may be intact, nerve signals no longer have a pathway from the brain. The person loses sensation and cannot move the affected parts of the body. Over 500,000 Americans are afflicted; the average age of new victims is just 19.

continued

Photograph: Hopkins Associates

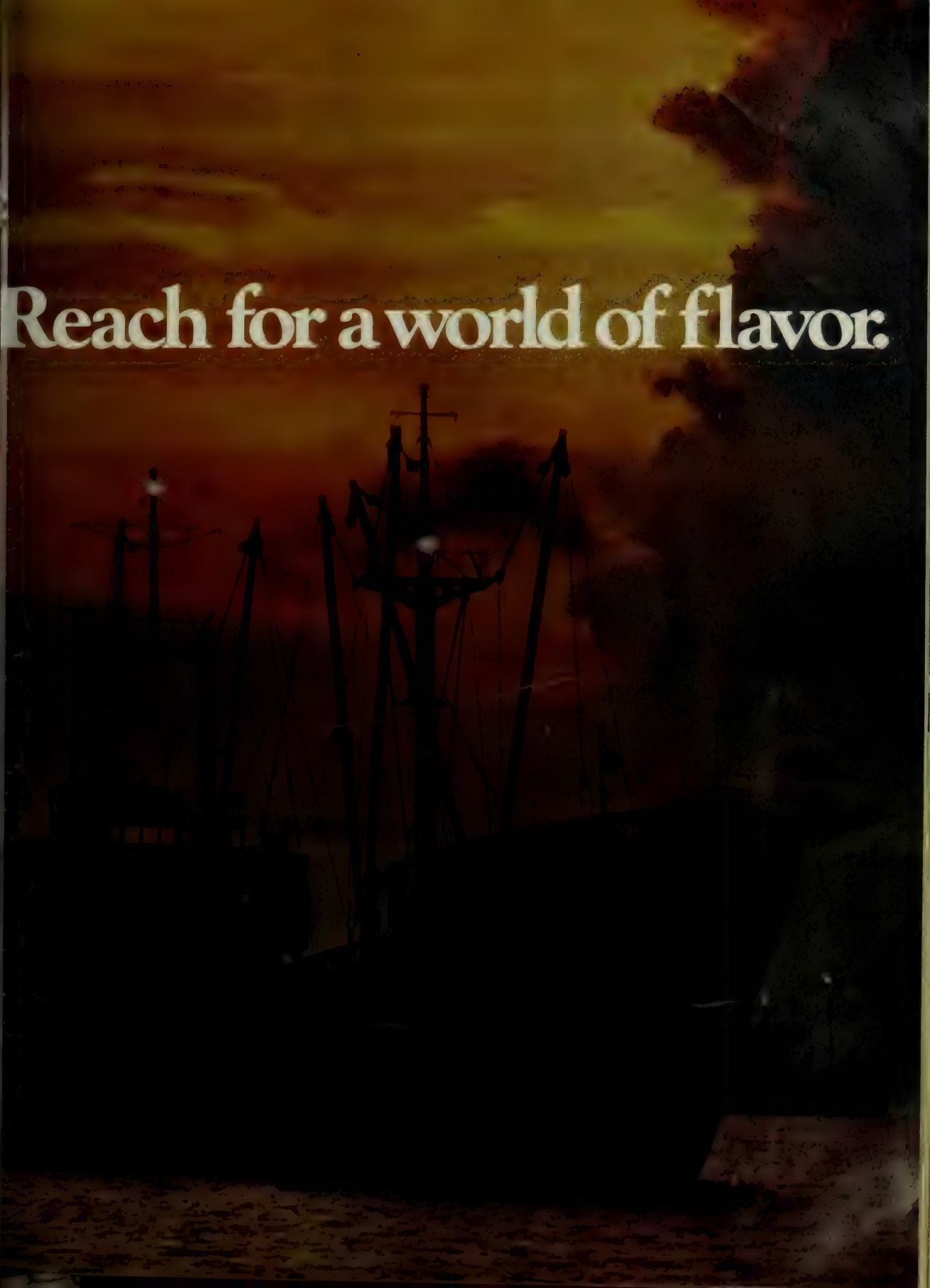
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continued

Medical technology

Researchers hope one day to be able to regenerate the spinal cord, but in the meantime they have made heartening strides in bypassing the break in the cord. In Chicago, Dr. Daniel Graupe of the Illinois Institute of Technology and Dr. Kate Kohn of the Michael Reese Hospital work with persons paralyzed from the waist down.

Someone using the Chicago researchers' system to walk would first move the functioning muscles in the upper body. Electrical signals from these muscles go to a microcomputer that translates them into commands for an electrostimulator. This device then activates the paralyzed muscles in the legs. The person is festooned with wires, but all the necessary computer apparatus has been miniaturized so that it can be worn in a fishing vest.

At Wright State University's National Center for Rehabilitation Engineering in Dayton, Ohio, Dr. Jerrold Petrofsky and his colleagues have programmed a computer with more than 10,000 instructions to send electrical signals to specific muscles. An elaborate feedback system gives the computer a constant reading of hip, knee, and ankle joint position so that it will know which muscles to stimulate next to keep muscles moving in coordination.

Sensors on the body monitor both position and movement to minimize muscle fatigue and stress on joints and bones and permit the user to maintain balance. The computer system has been miniaturized so that it now can be carried in a handbag. However, Dr. Petrofsky cautions that further research is necessary before a walking system for paralyzed people is commercially available.

Independence for the user is the ultimate goal of such projects, but there are other physical benefits as well. "Humans are upright creatures," says Dr. Kohn. "Moving the paralyzed muscles keeps or restores muscle tone. Bearing weight prevents loss of calcium from bones. And standing upright minimizes circulatory, heart, and urinary tract problems."

Hope in sight for the vision impaired

For the first time, the electrical stimulation of 64 electrodes, implanted in the visual cortex of the brain, has enabled several blind volunteers to distinguish letters and simple geometric shapes. While this research is a long way from restoring normal vision, it's a promising step in that direction.

The electrodes are contained on a Teflon chip the size of a quarter. Hair-thin wires from the chip are threaded between the skull and scalp to emerge behind the ear, where they are connected to a dime-sized button fastened to the skin. A wire to a computer activated by a television camera is plugged into the button.

What the camera "sees" is translated by the computer into signals for the appropriate electrodes. With a larger array of electrodes, a blind person may be able to "see" a picture in tones of black



and white, reports Dr. William H. Dobelle of the Institute for Artifical Organs in New York. Dr. Dobelle and his colleagues have worked on the artificial vision device for over 15 years.

The computer picture would resemble an animated scoreboard. Researchers hope to miniaturize the equipment within the next five years; the camera would be contained in a glass eye connected to a computer attached to the ear piece of an eyeglass frame.

The price tag: Who pays?

Development of devices like those discussed in this article requires years of effort—and substantial sums of money. It's a worrisome issue in an era of exploding health care costs. Health insurance coverage for new procedures varies widely from company to company and case to case. No matter who pays the initial bills, the expense ultimately is passed along to all consumers in the form of higher insurance premiums, prices for medical services, and taxes for government-funded research.

Of course, the hope always is that advances that initially benefit only a few eventually will aid many, and that costs will decline as devices come into widespread use (as is true of the replacement hip joint). Further, researchers say concerns about development costs must be weighed against the burden of physical disabilities—both financial (lost wages and hospitalization and long-term care expenses) and human (loss of independence and happiness).

Meanwhile, sophisticated vision aids already are available. Electronic travel aids transmit an inaudible ultrasound beam ahead of the user, sounding a tone to indicate the presence of an obstacle. The most widely used reading machine, the Optacon, converts print to vibrations that the user can "read" with the fingers. (For more about these and other devices, send for *Aids for the '80s*, available free from the American Foundation for the Blind, 15 West 16th Street, New York, NY 10011.)



Sound for the deaf

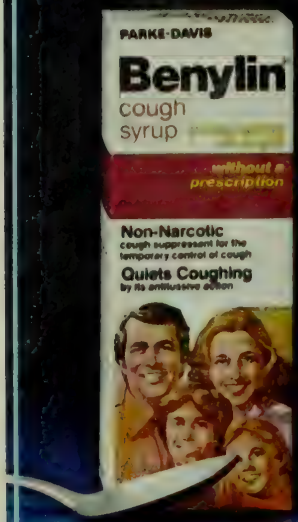
More than 250 adults and 50 children who are totally deaf have been able to enter the world of sound, thanks to pinhead-sized electrodes surgically placed in the inner ear (the cochlea).

The cochlear implant, or prosthesis, enables the deaf person to hear a phone ringing or a knock on the door and to be aware that someone is speaking to them, even if the other person is out of sight. The device also makes it possible for deaf people to hear and modulate their voices (a major communications obstacle for the deaf). In most instances the auditory sensation produced by the implant is too distorted to permit understanding of speech, but it is a significant aid to lip-reading.

The American Medical Association's Council on Scientific Affairs recently reported that implants "may hold great promise for the 60,000 to 200,000 profoundly deaf persons in the United States." It's still too soon to judge whether the implants will benefit children who have been deaf from birth or who lost their hearing before they became fluent in speech.

continued

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of a standard washer or dryer and is performed three times a week in four-hour sessions. Persons undergoing dialysis must arrange their lives to be near the necessary equipment—at home or in a clinic—on treatment days.

Now many dialysis patients are being liberated from their restrictive routines by an artificial kidney that weighs only eight pounds, requires minimal plumbing, and is battery powered. Developed at the University of Utah, the wearable artificial kidney is referred to as the "WAK." It is designed for home or travel use so that the patient does not have to visit a dialysis center for treatment.

About 100 dialysis patients already have used the WAK, which was approved in 1983 by the Food and Drug Administration for sale in the United States. The cost is expected to be around $9,000. WAK units probably will be purchased by hospitals or clinics that will rent or lease them to patients.

Efforts at further miniaturization of the portable kidney are continuing as well. "The time will come when all artificial kidneys will be totally wearable and so small that they can hardly be seen when worn," predicts Utah's Dr. Kolff, who invented the world's first successful artificial kidney during World War II.

Artificial skin and blood for accident victims

Some 75,000 Americans suffer burns severe enough to require hospitalization annually; about 10,000 of them die from infections and fluid loss. Various materials, including the skin of animals and human cadavers, have been used

continued

Medical technology

With the device, an external coil is "fastened" by means of a magnet to an implanted coil. The external coil, located just behind the ear, has a detachable cable, a microphone small enough to be worn on an ear loop or even as a tie tack, and a signal processor box. The box can be worn in a pocket.

Outside noises, transformed into electrical signals, cause one or more electrodes to stimulate some of the remaining nerve fibers in the inner ear. The brain interprets this nerve activity as sound. Researchers now are experimenting with multiple implanted electrodes in hopes that more extensive stimulation will further enhance intelligibility and perhaps allow deaf people to recognize words without lip-reading.

The cochlear implants are now performed in about 30 medical centers nationally. Costs, including hospitalization, doctor's fees, and instruction in using the device, may be as much as $10,000 or more. Third-party insurance carriers in many states consider the procedure a reimbursable expense for persons who could talk before losing their hearing. Decisions about coverage for children who became deaf before learning to talk have been made on a case-by-case basis.

Wearable devices for kidney disease patients

The lives of 60,000 Americans depend on artificial kidneys that cleanse impurities from the blood. The blood-washing process, known as dialysis, typically uses equipment the size

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artificial substitutes have many potential uses: in emergencies, in people whose religion prohibits transfusions of real blood, and in patients who live in developing countries. The artificial blood also would eliminate any possibility of transmitting blood-borne diseases, such as AIDS and hepatitis.

One type of artificial blood has been used in clinical trials in humans in the United States for several years. The product, manufactured under the trade name Fluosol-DA 20%, is made from inert substances known as fluorocarbons that are able to carry oxygen to cells throughout the body. However, the patient must breathe 100 percent oxygen to help the fluorocarbons do their job and the effects last only one day.

Researchers want to develop a "more natural" artificial blood. In one such attempt, scientists at the University of Illinois at Chicago and the Rush-Presbyterian-St. Luke's Medical Center have constructed a synthetic red blood cell by enclosing the natural oxygen-carrying substance, known as hemoglobin, in a bubble of natural membrane-forming material. They then suspend the bubbles inside a synthetic liquid to form the blood substitute.

The advantage is that this substitute picks up, carries, and delivers oxygen to tissues in exactly the same manner as natural blood. It can be completely metabolized and provokes no immune reactions. The product also has a long shelf life, can be stored as a concentrate, and is a universal donor. To date, it has been used successfully only in small animals; human trials still are on the horizon.

—By Lynne Lamberg

as temporary coverings for burns. However, the only replacement that the patient's body will accept permanently is a graft of his or her own skin, which is difficult to obtain when a person is badly burned.

That's where artificial skin comes in. One substitute already has benefited several dozen burn patients, some burned over more than half of their bodies. The synthetic skin, developed at the Massachusetts Institute of Technology and the Massachusetts General Hospital, has two layers as natural skin does. The inner layer is made from collagen, the main supportive protein of skin. It acts as a scaffolding for the regrowth of nerve fibers, blood vessels, and connective tissue and is gradually resorbed by the body.

The outer layer is a protective plastic covering that eventually is peeled away. Currently, this outer layer still must be replaced by a thin graft of an outer layer of skin from elsewhere on the patient's body, but an advanced version of the artificial skin, successful in animals and expected to be ready soon for human trials, eliminates this step. Because the artificial skin is not rejected by the body, it eliminates the need for administering drugs that suppress the immune system and make the patient more infection-prone.

Like skin, blood is essential to survival. It is the body's transport system that delivers food and oxygen to every cell and carries away carbon dioxide and other wastes. The transfusion of blood requires that the blood type be matched, to prevent the recipient's body from rejecting it.

Because blood for transfusions is in such short supply,

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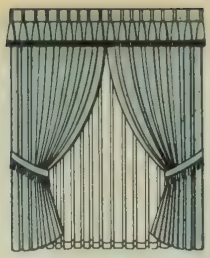
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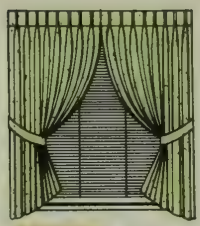


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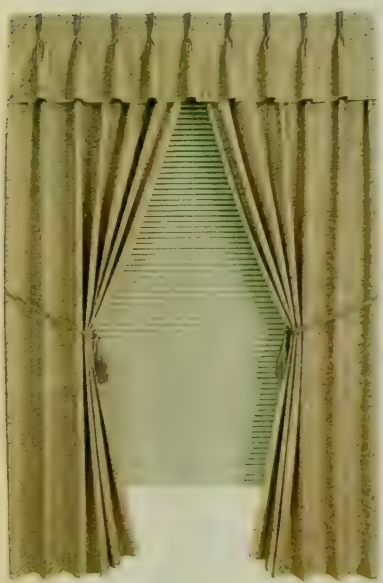
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Superinsulation

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Turning your thermostat down several notches and bundling up in a heavy blanket may help you hold the line on fuel bills this winter, but modest savings like these will soon be gobbled up by rising energy costs. A surer way to shield yourself from the ravages of rate creep is to wrap up your house instead—in a blanket of superinsulation.

Superinsulated houses are super-efficient; they hold in warmth or coolness much longer than conventional ones do. Over the long term, this means hefty savings on utility bills plus year-round comfort in every room.

You may already have spotted a few energy leaks in your house, like those around windows and doors. However, most leaks are hidden in dead spaces or wall cavities that contain pipes and ducts or that have very little insulation (a trait characteristic of older homes). In a sense, all of these breaks in the thermal envelope function as ducts, continually sucking warmth or coolness from your living space and accounting for as much as 95 percent of your monthly heating and cooling costs.

Superinsulation offers a highly effective remedy for such costly energy drains, and can work for houses of any size, style, or vintage. To prove the point, we tracked down two completely different retrofits: an 1840s town house in St. Louis and a 1950s tract house in St. Paul. Each project incorporates a host of clever remedies you can borrow to help reduce the need for heating and cooling your house.

A superinsulated town house

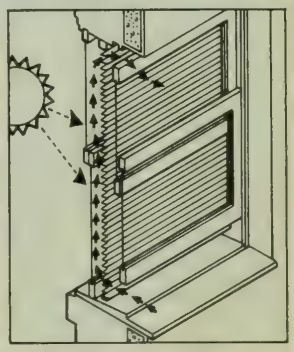
When passersby glance at this recently renovated town house *(right)* they probably think, "very charming, but the utility bills must be out of sight." They couldn't be more wrong. In fact, this house is so energy efficient that it doesn't even have a furnace; instead, it manages nicely with just four electric baseboard units that, together, use about as much energy as a pair of toasters.

Panelized inner shell

What makes this 140-year-old relic so energy efficient is an inner envelope of superinsulation. The original structure had virtually no insulation, so the present owner constructed a new shell inside the old one and left a seven-inch-deep cavity between them for adding a thick layer of blown-in insulation. To save space and construction costs, he developed a special type of panel system that incorporates structural supports, insulation, and interior finish materials in one integrated unit. Each panel consists of a rigid foam core sandwiched between layers of plywood and drywall *(right)*. The panels are attached snugly to each other and to the floor by 2x4 splines that fit into grooves along the edges of the panels (the joints also are glued, fastened with drywall screws, and taped). The result is a tightly sealed







structure with R-52 in the walls, R-65 in the ceilings, and R-32 in the floors.

Teaming up with the rebuilt shell are four air-to-air heat exchangers, an airlock entry, and multiple-glazed window openings *(above)*. The heat exchangers supply fresh air while preventing warmth or coolness from escaping into the atmosphere, and the windows function as solar collectors; they're fitted with twin sets of double-hung units, with a thin-slat blind in the space between the units *(see sketch)*. The slats are treated to absorb or

continued



Photographs: Hopkins Associates. Architect: Eugene Mackey & Associates Energy systems design: Ted Bakewell III, Reshelter Research. Project manager: Bill Kostedt. Field editor: Mary Anne Thomson Illustration: Carson Ode

A Superinsulated Tract House

reflect solar energy, depending on which side is turned outward, and the double-hung units can be positioned in various ways to draw outdoor or indoor air through the collector.

These extras, combined with the highly insulated walls and ceilings, added just $7 per square foot to the cost of the renovation and made it possible for this 140-year-old house to function almost entirely on ambient heat (such as that emitted by lights and appliances). This translates into an average heating cost of only $100 per year—instead of $100 *per month* if the house were built conventionally.

A superinsulated tract house

A complete restructuring of the shell is just one way to superinsulate your house. Another option is to tighten up the existing shell. Unless you're planning a major remodeling, the latter strategy is probably your best choice.

Like most of its contemporaries, this 1950s tract house in St. Paul *(top)* was built with little regard for energy efficiency. It had only two inches of insulation in the walls on the main floor, and none at all in the basement—hardly an adequate bulwark against frigid Minnesota winters. Significant amounts of energy also were leaking to the outside via several types of pathways hidden between floors and under the eaves. Some of these invisible escape hatches remained undetected until the homeowners, David and Frances Robinson, had their house analyzed with an infrared scanner (a kind of energy "X-ray" that detects heat radiation and displays it instantly on a portable TV screen).

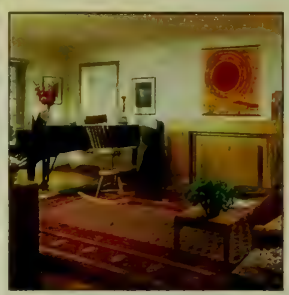
Do-it-yourself projects

To upgrade the home's energy performance, David applied the broad range of expertise he has acquired in his job as an energy conservationist in the Twin Cities area. His first step was to define precisely those parts of the structure that make up the energy envelope—those spaces that are heated or cooled by mechanical means. Then he devised a series of do-it-yourself projects, each of which plugged up a specific gap in the envelope. Most of the work involved changes that remain hidden inside the walls and ceilings; the real results show up each month in the Robinsons' utility bills.

One of the most obvious energy leaks was the fireplace flue in the living room *(center right)*. To seal up the firebox when it's not in use, David installed a removable panel. The panel consists of a rigid foam core faced with asbestos board on one side and oak plywood on the other *(center, far right)*. The inner edges of the panel are lined with weather stripping to ensure an airtight seal when the panel is in place. A threaded bolt at the top of the panel screws into an angle-iron bracket mounted inside the firebox opening.

Another trouble spot was the double-hung windows on each side of the room. Since they weren't needed for ventilation (casement units flanking the picture window fulfill this purpose), David replaced each double-hung unit with triple-pane fixed glass *(see sketch)*. The glazing





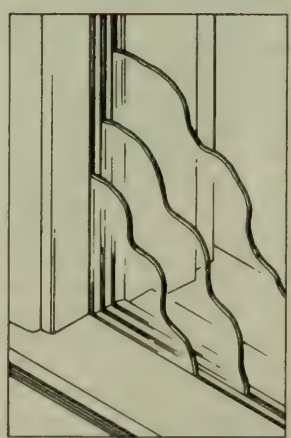


rests against the original stop on the inside, and clear pine 1x4s line the jamb on the outside.

More insulation in the envelope

A large share of the work involved adding insulation to various sections of the thermal envelope. On the main level, the siding was stripped off and two inches of cellulose was blown into the walls to supplement the two-inch batts installed by the builder. Where the walls are faced with stone, the insulation was blown in from the inside through a series of small holes drilled into the plaster. (To avoid drilling holes in the bathroom tile, David blew insulation into that part of the wall from the outside, temporarily removing a few of the stones.)

The basement walls were sheathed inside and out with rigid foam panels. On the



outside, the foam extends two feet below grade and is topped with a galvanized cap. In the storage and utility areas, 1½-inch foam is glued to the concrete block walls between 2x2 furring strips and covered with drywall. Knotty-pine panel-

continued

Photographs: Hopkins Associates. Energy consultant: David Robinson, St. Paul Energy Consultant. Field editor: Pat Carpenter Illustration: Carson Ode


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continued

Super-insulation

ing in the basement recreation room was reinstalled over two layers of foam—a ¾-inch layer between the furring strips and a one-inch layer on top of them. In addition, joist cavities above the foundation were filled with fiber glass batts, and three of the five operable windows were replaced with triple-pane fixed glazing *(below)*.



Extra layers of insulation also protect the sleeping area on the second floor. Here, David added sheets of two-inch rigid foam on the kneewalls and sloped ceilings (a previous owner had insulated between the studs and rafters with four-inch batts). He also insulated the adjoining storage area *(opposite)*, where infrared scanning revealed a large heat leak in the floor framing. David added rigid foam insulation between the joists, temporarily removing part of the subflooring, and fitted the door opening with a removable foam-core panel.

Other hidden energy leaks

As work progressed, the Robinsons discovered several other problem areas where significant amounts of energy were escaping. These included a laundry chute, two cold air returns that served the second-floor dormer spaces, and an unused kitchen exhaust-fan duct that had been sealed off by the previous owner (another leak spotted by the infrared scanner). The laundry chute alone was a big energy squanderer; it reached from the basement all the

way to the attic, sucking heat out of the house like a small chimney. And the energy lost through the uninsulated cold air returns equaled that which would escape through 20 square feet of double glazing. David plugged these leaks by sealing the chute with a piece of caulked plywood just above the second-floor access door and filling the duct and the air returns with blown-in cellulose (relatively constant tempera-



tures in the superinsulated envelope made these air returns unnecessary).

An updated mechanical system

The Robinsons installed a large attic fan for summer cooling and updated their mechanical system with energy-efficient equipment that controls humidity and ensures a steady supply of fresh air inside the house's thermal envelope. The fan is mounted in the wall opposite the stairwell on the second-floor landing. During warm weather, it pulls hot air out of the living spaces and exhausts it through vents in the undereaves storage area. In cold weather, the louvered intake opening on the fan is sealed off with a snug-fitting foam-core panel. Replacing the old furnace is an air-to-air heat exchanger plus a small furnace unit that operates with an efficiency of 87 percent, and a dehumidifier that preheats the hot water supply.

The total cost for their retrofit project, including glazing, insulation, and mechanical systems, amounted to approximately $4 per square foot—a modest investment that already is netting them an average yearly savings of $650 on their heating costs.

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1 cup butter, softened
1 cup firmly packed brown sugar
1 tbs. vanilla extract
4 eggs
One 12-oz. pkg. (2 cups) Nestlé® Toll House® Semi-Sweet Chocolate Mini-Morsels

TOPPING: Preheat oven to 375° F. In small bowl, combine butter, sugar and nuts; mix until crumbly. Spoon into well-greased and floured 10" fluted tube pan. Chill while you prepare cake batter.

CAKE: In small bowl, combine flour, baking soda and salt; set aside. Place vinegar in 1-cup liquid measure; fill with milk to 1-cup line; set aside. In large mixer bowl, combine butter, brown sugar and vanilla extract; beat at medium speed until light and fluffy (about 3 to 5 minutes). Add eggs, one at a time, beating well after each addition. Turn mixer to low. Gradually add flour mixture, one-third at a time, alternately with milk. Remove bowl from mixer. Gently fold in Mini-Morsels. Pour into prepared pan. Bake at 375° F for 50 minutes. Loosen edges of cake with spatula. *Immediately* invert on cooling rack. Cool cake completely.



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THE BEST
"Do I really have to share them with my little sister?"
COOKIE.

TOLL HOUSE® COOKIES MADE ONLY WITH NESTLÉ® MORSELS.

THE BEST OF TOLL HOUSE

2¼ cups all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 cup butter, softened
¾ cup sugar
¾ cup firmly packed brown sugar
1 tsp. vanilla extract
2 eggs
One 12-oz. pkg. (2 cups) Nestlé® Toll House® Morsels
1 cup chopped nuts (optional)
Preheat oven to 375° F.

In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in Nestlé Toll House Morsels and nuts. Drop by rounded measuring teaspoonfuls onto ungreased cookie sheets. Bake at 375° F. for 8 to 10 minutes. Makes 100 2" cookies.



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continued

Super-insulation

ing in the basement recreation room was reinstalled over two layers of foam—a ¾-inch layer between the furring strips and a one-inch layer on top of them. In addition, joist cavities above the foundation were filled with fiber glass batts, and three of the five operable windows were replaced with triple-pane fixed glazing *(below)*.



Extra layers of insulation also protect the sleeping area on the second floor. Here, David added sheets of two-inch rigid foam on the kneewalls and sloped ceilings (a previous owner had insulated between the studs and rafters with four-inch batts). He also insulated the adjoining storage area *(opposite)*, where infrared scanning revealed a large heat leak in the floor framing. David added rigid foam insulation between the joists, temporarily removing part of the subflooring, and fitted the door opening with a removable foam-core panel.

Other hidden energy leaks

As work progressed, the Robinsons discovered several other problem areas where significant amounts of energy were escaping. These included a laundry chute, two cold air returns that served the second-floor dormer spaces, and an unused kitchen exhaust-fan duct that had been sealed off by the previous owner (another leak spotted by the infrared scanner). The laundry chute alone was a big energy squanderer; it reached from the basement all the

way to the attic, sucking heat out of the house like a small chimney. And the energy lost through the uninsulated cold air returns equaled that which would escape through 20 square feet of double glazing. David plugged these leaks by sealing the chute with a piece of caulked plywood just above the second-floor access door and filling the duct and the air returns with blown-in cellulose (relatively constant tempera-



tures in the superinsulated envelope made these air returns unnecessary).

An updated mechanical system

The Robinsons installed a large attic fan for summer cooling and updated their mechanical system with energy-efficient equipment that controls humidity and ensures a steady supply of fresh air inside the house's thermal envelope. The fan is mounted in the wall opposite the stairwell on the second-floor landing. During warm weather, it pulls hot air out of the living spaces and exhausts it through vents in the undereaves storage area. In cold weather, the louvered intake opening on the fan is sealed off with a snug-fitting foam-core panel. Replacing the old furnace is an air-to-air heat exchanger plus a small furnace unit that operates with an efficiency of 87 percent, and a dehumidifier that preheats the hot water supply.

The total cost for their retrofit project, including glazing, insulation, and mechanical systems, amounted to approximately $4 per square foot—a modest investment that already is netting them an average yearly savings of $650 on their heating costs.

THE BEST CAKE.

"12:05 a.m. and I just can't sleep knowing there's a piece left."



TOLL HOUSE BUNDT® CAKE—
MADE ONLY WITH NESTLÉ MINI-MORSELS

NUT TOPPING:
¼ cup butter, softened
2 tbs. sugar
⅔ cup finely chopped nuts

CAKE:
2¼ cups flour
2 tsp. baking soda
1 tsp. salt
1 tbs. vinegar
Whole milk
1 cup butter, softened
1 cup firmly packed brown sugar
1 tbs. vanilla extract
4 eggs
One 12-oz. pkg. (2 cups) Nestlé® Toll House® Semi-Sweet Chocolate Mini-Morsels

TOPPING: Preheat oven to 375° F. In small bowl, combine butter, sugar and nuts; mix until crumbly. Spoon into well-greased and floured 10" fluted tube pan. Chill while you prepare cake batter.

CAKE: In small bowl, combine flour, baking soda and salt; set aside. Place vinegar in 1-cup liquid measure; fill with milk to 1-cup line; set aside. In large mixer bowl, combine butter, brown sugar and vanilla extract; beat at medium speed until light and fluffy (about 3 to 5 minutes). Add eggs, one at a time, beating well after each addition. Turn mixer to low. Gradually add flour mixture, one third at a time, alternately with milk. Remove bowl from mixer. Gently fold in Mini-Morsels. Pour into prepared pan. Bake at 375°F for 50 minutes. Loosen edges of cake with spatula. *Immediately* invert on cooling rack. Cool cake completely.



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Overwhelmingly Peanut Buttery.

Introducing Nestlé® Peanut Butter Morsels.

Nestlé's new Peanut Butter Morsels are big chunks of creamy, smooth peanut butter flavor. Use them to make new Peanut Butter Burst™ Cookies. A peanut butter cookie so far from ordinary, it's overwhelming.

Nestlé's new Peanut Butter Burst™ Cookies.

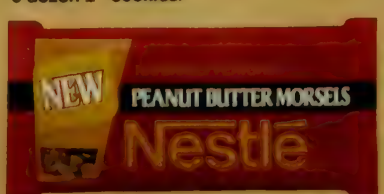


Peanut Butter Burst™ Cookies

2 cups all-purpose flour
1 measuring teaspoon baking powder
¼ measuring teaspoon salt
1 cup butter, softened
¾ cup firmly packed brown sugar
½ cup sugar
½ measuring teaspoon vanilla extract
1 egg
One 12-oz. pkg. (2 cups) Nestlé® Peanut Butter Morsels

Preheat oven to 375° F. In small bowl, combine flour, baking powder and salt; set aside. In large bowl, combine butter, brown sugar, sugar and vanilla extract; beat at medium speed until creamy (about 3 to 5 minutes). Add egg; beat well. Turn mixer to low; gradually add flour mixture. Stir in Nestlé® Peanut Butter Morsels. Drop by rounded measuring teaspoonfuls onto ungreased cookie sheets. Bake at 375° F for 7 to 9 minutes.

Cool on cookie sheet 2 minutes. Remove and cool completely. Cookies will be a light golden color with a light brown edge. Makes 6 dozen 2" cookies.



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CARS

Traction Tips

Good tire tread is crucial for keeping your car under control, but inclement weather and varying road surfaces sometimes can cause even new tires to slip out of your control.

In winter, the time to be most wary is when the temperature hovers around the freezing mark and a layer of water from melting ice or snow sits on top of the still-frozen surface. Slow down and brake gently. To keep wheels from locking, lightly press the brake pedal, let off momentarily, and lightly press the pedal again.

Wet roads

Always slow down for wet roads and keep a firm grip on the wheel. If the steering wheel suddenly becomes looser in your hands, that's a sign that the car is beginning to hydroplane. That's most likely to occur at highway speeds when the tires' tread isn't able to push away water fast enough. The tires will begin to float and throw your car out of control. Take your foot off the accelerator immediately, but don't hit the brake until your speed drops enough to bring back steering control.

Dry roads

When you make a sudden stop on a dry road, the brakes can keep your car's wheels from turning, sending the tires skating on a layer of burning rubber. To avoid this situation, brake just to the point of hearing the tires screech, then ease your foot off the brake pedal slightly. If you drive on freshly laid asphalt in road construction areas, slow down. The asphalt may "bleed" a slippery substance.

Gravel roads

When loose gravel builds up on the side of the road and your tires hit this ridge, you may lose steering. In that case, ease your car toward the center of the road. Also slow down before approaching a "washboard" road, where ridges have formed at right angles to the road. If you brake while bumping over a washboard, the tires will have problems gripping the road, and the steering wheel will become loose in your hands.



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Better Homes and Gardens®

1984 HOME IMPROVEMENT CONTEST



WIN UP TO $10,000

Over 275 Prizes: Cash, Products and Purchase Refunds

Planning to remodel? Then plan to enter your completed project in Better Homes and Gardens® 1984 Home Improvement Contest! You may win one of 99 Better Homes and Gardens® cash prizes, including a top prize of $10,000. Other cash awards range from $4,000 to $100. Or, win cash, products and product purchase refunds from cosponsoring manufacturers. Your entry may even be published in a future issue of Better Homes and Gardens® magazine.

No project is too big or too small for this contest. There are eight contest divisions with three classes in each division. The 24 judging classifications ensure that your entry will compete only against entries of comparable scope. Entries will be judged on appearance, function and cost-effective use of materials. We welcome both do-it-yourself projects and those designed and/or completed by professionals.

DIVISIONS

Each of the eight divisions will be subdivided by judges into three classes depending on the scope of projects. Class A will be devoted to major renovations. Class B will comprise medium-sized remodelings, and Class C will be reserved for smaller projects. Your entry will be judged only against projects of comparable scope.

1. **Exterior of House:** Any improvements to exterior surfaces of the house itself.
2. **Outbuildings and Property:** Lot line to lot line structural property improvements excluding the house itself.
3. **Kitchen:** Any kitchen remodeling project designed to improve appearance, traffic flow, storage and/or efficiency.
4. **Bathroom:** Any remodeling project that encompasses the bath.
5. **Interior:** All improvements within the confines of an existing house excluding the kitchen and bathroom.
6. **Addition:** Enlarging a house by adding a new, enclosed space.
7. **Energy Conservation:** Those improvement projects primarily designed to conserve energy or reduce the heating/cooling load on a house. We would like to see available data such as copies of utility bills to better judge the energy efficiency of the home improvement project.
8. **Whole House Redo:** Major remodeling projects which encompass several rooms. Whole House Redo could include an addition or exterior improvement as well as interior remodeling projects.

CASH PRIZES

Better Homes and Gardens is offering 99 cash prizes with a grand prize of $10,000.

BEST OF CONTEST

Three Best of Contest winners will be selected from the eight Class A winners:

- ONE GRAND PRIZE OF $10,000
- TWO RUNNER-UP PRIZES OF $4,000

DIVISION AWARDS

In each of the eight divisions, Better Homes and Gardens will award the following:

CLASS A
- ONE $1,000 TOP AWARD
- THREE $100 MERIT AWARDS

CLASS B
- ONE $500 TOP AWARD
- THREE $100 MERIT AWARDS

CLASS C
- ONE $250 TOP AWARD
- THREE $100 MERIT AWARDS

DEADLINES

[illegible] postmarked [illegible]

HOW TO ENTER

Complete and mail the preliminary entry [illegible]k on the facing page. We'll send you a [illegible]ne Improvement Contest entry packet [illegible]ch includes complete contest information, [illegible]iled descriptions of the contest divisions, a [illegible]l entry form and literature describing [illegible]ponsoring manufacturers' products. When you've completed your project, [illegible]d us the final entry form plus a descrip[illegible]n of your improvement. You should begin [illegible]lecting the following to send with your final entry form: before-and-after photos, floor plans and/or sketches, a list of products purchased with brand names and approximate costs, copies of purchase receipts, and a list of project expenses.

All material submitted for the competition will become the property of Meredith Corporation, which will assume publishing rights for all the material. Entries will not be returned. Winners will be notified by mail.



SPECIAL AWARDS — CASH, PRODUCTS, TRIP

Many cosponsoring manufacturers are offering prizes in addition to the $500 cash award. *To qualify, proof of product purchase must be submitted.* More details in entry packet.

AT&T Consumer Products Division will award $500 to the bathroom division winner using a design line phone, to the kitchen division winner using a design line or speaker phone and to the interior division winner installing an Emergency Calling System Smoke/Fire Detector.

Armstrong will award cash to the three Best of Contest winners and all winners of kitchen, bathroom, interior, addition and whole house redo divisions if they've used Armstrong resilient flooring, ceilings, carpets or Thomasville Furniture. $10,000 winner earns $5,000 for each Armstrong product category used; $20,000 if all four are used. $4,000 winners earn $2,000 per category; $8,000 for all four. $1,000 winners earn $500 per category; $2,000 for four. $500 winners earn $250 per category; $1,000 for four. $250 winners earn $125 per category; $500 for four. $100 winners earn $50 per category; $200 for four.

Black & Decker Consumer Power Tools Division offers a 13 mm electronic speed control drill to all 24 division winners.

Delta Faucet will reimburse the list price of Delta products used by any division winner.

Eljer Plumbingware will refund purchase price of Eljer fixtures and fittings (installation not included) used by a bathroom division winner. Purchase price of Eljer sink and fittings used by kitchen division winner also will be refunded.

Jenn-Air Corporation will refund purchase price of Jenn-Air products used by one kitchen division winner.

Kirsch Company will award $500 worth of Kirsch merchandise to three division winners: addition, interior, energy. To qualify, winners must use a Kirsch window treatment.

KitchenAid will refund the purchase price of a KitchenAid dishwasher used by one kitchen division winner.

Kohler Company will award $1,000 to a bathroom division winner using all Kohler plumbing products. If that winner also installed a Kohler Whirlpool bath, Kohler will award $2,000. Kohler will refund the purchase price (installation not included) of Kohler plumbing products used in a winning kitchen division entry.

Marvin Windows will award an additional $500 to the winner of its cosponsoring manufacturer's award.

Maytag Company offers one Maytag product of choice to the Grand Prize winner. Winner may choose Jetclean Dishwasher, Heavy Duty Washer or Big Load Dryer.

Olympic Paints & Stains — All division winners who use Olympic products will be refunded the purchase price.

Owens-Corning Fiberglas® will refund the purchase price of Owens-Corning Fiberglas® bathing fixtures used by a bathroom division winner.

Owens-Corning Fiberglas® will refund the purchase price of Pink Fiberglas® insulation used by a winner in the addition, energy and whole house redo divisions.

Owens-Corning Fiberglas® will refund the purchase price of Energy Shield™ Sheathing used by a winner in the addition, energy and whole house redo divisions.

Owens-Corning Fiberglas® will refund the purchase price of ceiling and grid if sound-absorbing Fiberglas® panels are used by an interior division winner.

Owens-Corning Fiberglas® will refund the purchase price of Owens-Corning Fiberglas® shingles used by an exterior division winner.

SERVISTAR® will provide an additional $500 to the winner of its cosponsoring manufacturer's award and refund purchase price of SERVISTAR® Paint used in that project.

The Tappan Company will provide air transportation and hotel accommodations for two people for a seven-night trip to Hawaii to the winner of its $500 cash award. Trip includes three nights in Honolulu, four nights in Maui and $700 cash.

Tru-Test Paint — All division winners who use Tru-Test Paint (available only at True Value Hardware Stores and Home Centers) will be refunded the purchase price.

Whirlpool offers one Whirlpool product of choice to both kitchen division winner and whole house redo winner who use a Whirlpool product. Winners may choose Trash Masher® Compactor, Microwave Oven or Power Clean™ Energy Saver Dishwasher.

White-Westinghouse will award a microwave oven to the winner of its $500 cash award. If winner used White-Westinghouse microwave, company will refund purchase price.

$500 CASH AWARDS

Each of the following companies will provide one $500 cash prize to the Home Improvement Contest entrant using its product to best advantage. Proof of product purchase must be submitted.

AT&T Consumer Products Division
Amana Refrigeration, Inc.
Andersen Corporation
Armstrong World Industries, Inc.
W.M. BARR COMPANY
  Klean-Strip Paint Removers
  Gillespie Furniture Refinishing Products
Black & Decker
Congoleum Corporation
The Cooper Group
Champion International Plywood
Delta Faucet
Eljer Plumbingware
Formica Corporation
Galaxy Carpet Mills, Inc.
Georgia-Pacific
Jenn-Air Corporation
Kirsch Company
KitchenAid
Kohler Company
Levolor Lorentzen, Inc., blinds & awnings
LouverDrape, Inc.
Litton Industries
Maytag Company
Martin-Senour Paints
Marvin Windows
Minwax Company, Inc.
Monsanto Wear-Dated® Carpets
National Retail Hardware Association
Owens-Corning Fiberglas®
  Acoustical Ceiling Panels
  Bathing Fixtures Division
  Insulation Division (Pink Fiberglas® Insulation)
  Insulation Division (Energy Shield™ Sheathing)
  Mechanical Division (Air Handling Insulation Products)
  Residential Roofing Division
Olympic Paints & Stains
PPG Industries — Glass Division
Screwball, Division of Fiskars
SERVISTAR® Hardware-Lumber-Home Centers
Tappan Company
True Value (Tru-Test Paints)
Wagner Spray Tech Corp.
Whirlpool Corporation
White-Westinghouse
Wood-Mode Cabinetry

ENTRY BLANK

Postmark no later than October 1, 1984.

Better Homes and Gardens®
HOME IMPROVEMENT CONTEST

Name _____

Address _____

City _____ *State* _____ *Zip* _____

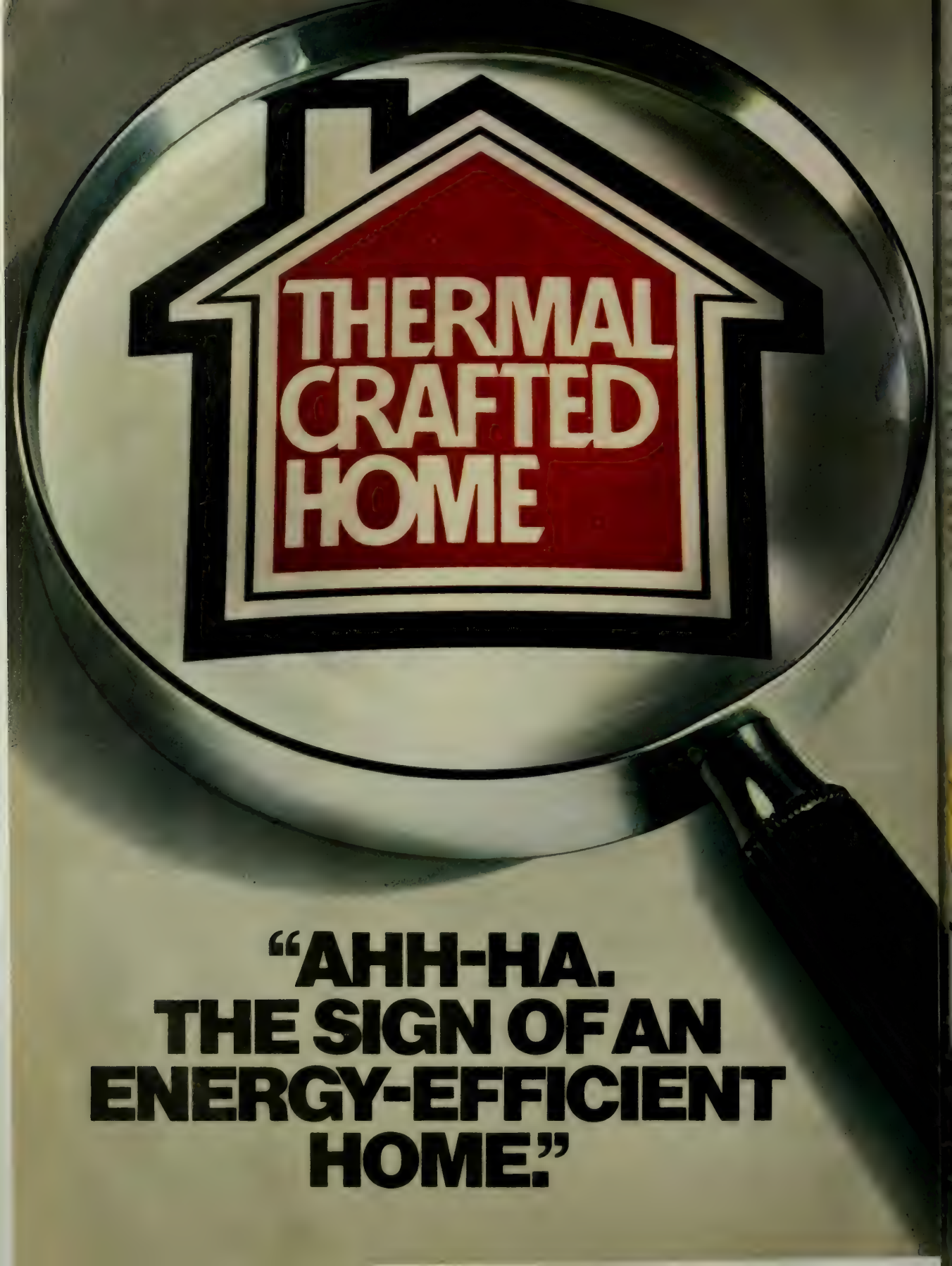
Be sure to check the box(es) that best describes the project(s) you plan to complete in 1984.

☐ *1. Exterior of House* ☐ *2. Outbuildings and Property*
☐ *3. Kitchen* ☐ *4. Bathroom* ☐ *5. Interior*
☐ *6. Addition* ☐ *7. Energy* ☐ *8. Whole House*

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS ENTRY FORM. SEND ONLY ONE ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

Send To:
Better Homes and Gardens®
Home Improvement Contest
P.O. Box 10218
Des Moines, IA 50336



"AHH-HA. THE SIGN OF AN ENERGY-EFFICIENT HOME."

Introducing the Thermal Crafted™ Home program from Owens-Corning. It's the sign that the home you buy is designed to be more energy-efficient than other comparable homes.

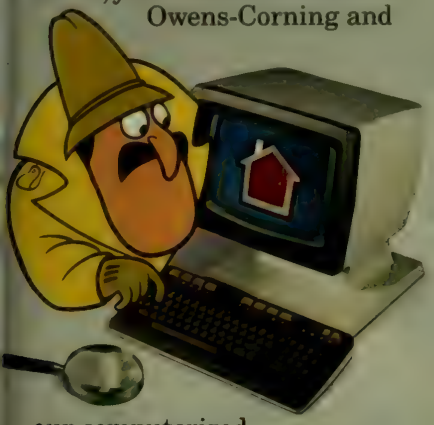
The new home buyer, before he moved in, has always had to live with one great unknown: how big a bite were fuel bills going to take in his monthly budget?

Until now.

Because, today, a lot of homebuilders are working with Owens-Corning, the building products manufacturer, to build a totally new kind of home. A home designed from the beginning around a state-of-the-art computer system, to be energy-efficient. A home constructed with quality insulating materials and construction techniques. A Thermal Crafted Home.

COMPUTER ANALYZED HOME DESIGN.

To build a Thermal Crafted Home, your builder works with Owens-Corning and



our computerized design system. This allows him to evaluate his home plans and the use of various construction options to save energy.

The direction a house faces, the type of windows used, or the



levels of insulation are just a few of the considerations.

The computer then tells the builder what he should do to reach the energy-efficiency required to qualify as a Thermal Crafted Home.

BUILDING PRODUCTS THAT BUILD ENERGY SAVINGS.*

The energy-efficiency of a home is affected by all the elements of construction. So a Thermal Crafted Home isn't only designed well. It's also built with energy-saving materials, such as famous Owens-Corning pink Fiberglas® insulation. Or, if the plans call for insulated sheathing, the new Owens-Corning Energy Shield™ sheathing.

A COST OF LIVING DECREASE.

While a Thermal Crafted Home is designed to save you money on your heating and cooling costs every month, it may also help you buy the home you didn't think you could afford.

With a conventional home, utility costs can eat up a large chunk of your monthly budget. But, with a Thermal Crafted Home, the money you save on heating and cooling could help you carry a larger mortgage.

And, as much sense as a Thermal Crafted Home makes now, it may be worth a lot if you decide to sell later. It's easy to see that as fuel costs rise, so will the resale value of energy-efficient homes.



LOOK FOR THE SIGN.

A Thermal Crafted Home is one more way you can be sure the home you're buying is your best home value. Because it's backed by state-of-the-art thermal design technology, energy-saving building materials and your builder's commitment to energy-efficient construction.

Look for the sign of an energy-efficient home when you're looking for a new home. Or ask your builder about his Thermal Crafted Homes.

*Savings vary. Higher R-values mean greater insulating power.

OWENS/CORNING
FIBERGLAS
TRADEMARK ®

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® & © 1983 United Artists. All Rights Reserved.

Please tell more about the Thermal Crafted™ Home program from Owens-Corning. Clip and send to:
B.N.M. Meeks
Owens-Corning Fiberglas Corp.
Fiberglas Tower
Toledo, Ohio 43659

Name_____

Address_____

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SOFT PACK 100s FILTER, MENTHOL: 2 mg. tar, 0.2 mg. nicotine av. per cigarette, FTC Report MAR. '83.

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NOW

THE LOWEST

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Designs: Arlette Gosieski. Photographs: Top, Hopkins Associates; center and bottom, Bruce McAllister





Fabric Folk Art

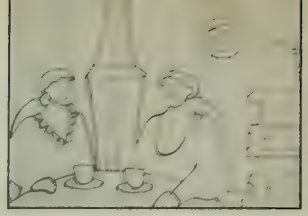
A Master Stitcher Teaches You How

Using fabric and thread the way an artist uses canvas and paint, you can create enchanting appliquéd pictures like Coffeetime *(above). This fabric "painting," rich with color and detail, is a masterpiece of design and composition. Folk artist Arlette Gosieski explains how to make a patchwork picture like this one.*

By Ann Levine and Beverly Rivers

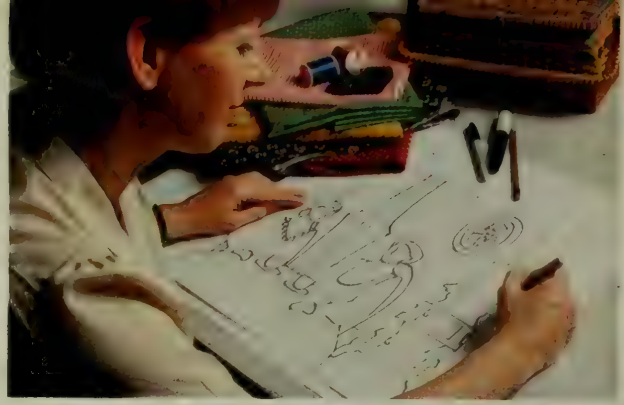
For more, please turn the page. How-to, page 50.
Buying information, page 113.

Fabric Folk Art ~ Coffeetime



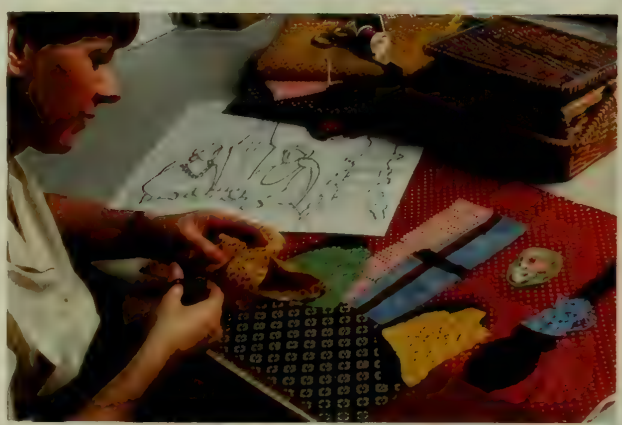
1 *Begin with a basic design*

For insight into the past, Arlette does historical research before she begins designing. To start work on this piece, Arlette uses a black and white line drawing *(above and right).*



2 *Cutting the pattern pieces*

She cuts the pattern pieces from fabric, cutting each shape freehand while referring to her sketch *(right).* Fabrics and colors are selected as she cuts, depending on grain, texture, and weight of the fabric. To stitch an appliquéd picture like this one, it's important to understand different qualities of fabric. Is it rough or smooth? Does it stretch or ravel? After experimenting with various scraps of fabric, it's easy to create delightful folk art designs using inexpensive scraps from your collection of remnants.



3 *Pin and baste the fabric pieces*

Once each piece is carefully positioned, Arlette pins and bastes the pieces in place, combining the techniques of a painter with the skill of a seamstress to achieve the desired results *(right).* Basting stitches are worked in contrasting thread so they're easy to see.

"When I purchase a new, brightly colored fabric, it's like having a new tube of paint," explains Arlette of her work.



4 *Sewing-machine appliqué*

After pinning and basting, Arlette uses her sewing machine to appliqué the pieces in place *(right and below).* Color selection of the thread is as important as selection of the fabric, Arlette explains. She has more than 350 spools of thread.









5 *Removing the basting stitches*

Basting stitches are removed with small embroidery scissors after machine stitching is completed *(left)*. Arlette is careful not to snip the fabric when cutting the threads.



6 *Hand-embroidered details*

A few details are embroidered by hand, including facial features, which Arlette feels are her hallmark *(left)*. She usually uses a single strand of sewing thread to stitch the eyes, nose, and mouth. "To get just the right expressions, it's important to pay close attention to the hand-embroidered aspect of my work," says Arlette. A dab of powdered rouge adds color to the cheeks, says our expert folk artist.



7 *Adding beaded accents*

Beads are added for color and texture *(left)*. Here Arlette stitches "buttons" to one of the dresses, using tiny decorative beads. A bead tops the lid of the coffeepot on the stove and two are stitched to the oven doors.

For handy bead storage, Arlette uses a muffin tin or cardboard box.



8 *Stretching the finished piece*

Wooden stretcher strips finish the fabric painting *(left)*. The piece is pressed on the back with an iron, then stapled to a wooden frame.

"My work reveals the simplicity of the past, not the technology of the future," says Arlette, and *Coffeetime* depicts this. The finished piece shows how snippets of fabric can be used as a palette to create one-of-a-kind appliquéd paintings.

For additional how-to information, see page 50.

Photographs: Bruce McAllister

Fabric Folk Art ~ Grandma's Parlor







Arlette often paints but she spends most of her time working with fabrics. She draws her inspiration from such American artists as Grant Wood, Edward Hopper, Grandma Moses, and Currier and Ives. "After studying in France and living abroad, I returned to find a new interest in my own country's history and culture," says Arlette, explaining the warm, sentimental nature of her fabric art.

Her collection of sewing supplies held all the pieces for *Grandma's Parlor (right),* an intimate turn-of-the-century family portrait.

A close look at *Grandma's Parlor* reveals some of the intricate fabric details: an embroidered clock, lace antimacassars, and beaded earrings. Much of the success of Arlette's work is due to her creative use of fabrics. For this particular piece, she chose a floral background fabric for a wallpaperlike effect. (For another example of her creative use of fabrics, see the delightful skating scene on our cover this month.)

"I like to render my feelings in fabric," says Arlette, shown here with daughters Ellaan, 19, and Keelie, 11 *(above).* Arlette's love of fabrics is a family tradition. Her maternal grandmother was a seamtress for the Russian aristocracy, and her paternal grandmother was a weaver. Arlette passes her interest in fibers and stitchery on to both daughters.





Photographs: Top left, Bruce McAllister; others, Hopkins Associates



PRIZEWINNING PROJECTS
WITH IDEAS YOU CAN USE

BY CAROLANN SHINDELAR

These first-place winners from our recent Home Improvement Contest—as well as the many other well-executed entries we received—have inspired us to put the challenge to you once more: enter our 1984 Home Improvement Contest and show us what you can do! Use these winners (and those published in our November '83 issue) to get ideas, and then turn to page 32 for entry details.

A BLUE-RIBBON ADDITION

To get up the courage to construct a family room addition, Steve and Mary Ellen Markowitz practiced by remodeling the bathrooms in their home. "We figured that if we could live through a bathroom remodeling, we could probably survive an addition," says Mary Ellen. When they saw how smoothly the bath projects progressed, the Markowitzes confidently tackled the addition.



Mary Ellen drew up the plans for their new family room herself, sketching the design on a piece of tablet paper borrowed from her son. Originally, the family room was inconveniently located on the bottom floor of their split-level house. "It was difficult for entertaining because you had to carry food and refreshments from the kitchen down the stairs to the family room," says Mary Ellen. "And the children never wanted to play alone down there; they wanted to be where everyone else was."

The new 16x20-foot family room *(opposite)* and an 8x12-foot breakfast room *(bottom)* were added to the back of the house, right where a deck had been added a couple of years ago. To save the cost of building a new deck, the Markowitzes incorporated the old one into their remodeling scheme. With the help of a dozen or so strong neighborhood teenagers they actually picked up the 12x20-foot redwood structure and moved it to its new location adjacent to the family room *(below right)*.

The focal point of the family room addition is a large stone fireplace on the end wall, equipped with an energy-efficient fireplace insert. The walls of the addition are constructed of 2x6s for extra insulation, and the ceiling is blanketed with nine inches of fiber glass batts. Energy efficiency has paid off handsomely for the Markowitzes; their heating bills have not gone up since the addition was built!

Photographs: Maris/Semel
Field editor: Bonnie Maharam







BEST-OF-SHOW BATH

Part of a second-story master suite addition, this well-groomed bath caught our eye because of its simple, but smart, design. "We saved all of the bathrooms we liked out of *Better Homes and Gardens*," says homeowner Ron Rozensky, "and then we put them all together to come up with our bath."

Tongue-and-groove redwood 1x6s wrap the bathroom walls and form the surround for a sunken whirlpool tub *(below left)*. The bathroom is built over an addition constructed by previous owners; when the Rozenskys tore into the ceiling of the earlier addition, they discovered an extra 18 inches of space above the joists that allowed them to sink the tub.

The vanity and overhead light box *(below right)* are redwood, too; the drawer fronts are built from a single one-inch-thick redwood board, so all the grain matches perfectly.

Lighting also is an important part of the design of this bath. Built into the wall behind the tub is a backlit shoji screen *(bottom)*. The screen forms a false wall, allowing about a foot of space behind it for a light box and fluorescent tubes. More fluorescents are hidden around the edges of the skylight.

Photographs: Jessie Walker. Architect: Eugene Meyer
Field editor: Jessie Walker Assoc.







A PRIZEWINNING GARAGE

Building a garage usually means simply pouring a 20x20-foot concrete slab and erecting a shell over it. But for Karl and Penny Johnson it means a whole lot more. Their 24x36-foot garage not only stores cars, it also includes storage for lawn and garden equipment, a workshop, and a potting nook on the first floor, and a passive-solar-heated loft and bulk storage area on the second floor. "We needed room for so many things," says Penny, "so we just decided to put everything into one big space."

The garage is at the back of the Johnsons' heavily wooded lot. To tie the garage in with the house, a row of fixed-glass windows like those on the second floor of the house was installed, and identical siding and trim colors were used. The fixed windows face south and bring in enough sun during the winter months to heat the entire space.

The Johnsons hope someday to turn the upstairs loft into separate living quarters when codes permit. Right now, the kids use it to practice on their drums. A prefab staircase leads to the 24x24-foot loft; behind the loft is a 24x7-foot space used to store seasonal items. **Buying information, page 113.**

Photograph: Ozzie Sweet. Illustration: Jim Buckels
Architect: R. Schoppet, AIA. Field editor: E. Deymier









ANTHURIUM

Blooming Tropical Houseplants

By Douglas A. Jimerson

This winter you can enjoy the color and fragrance of exotic foreign lands when you grow bold, blooming tropical houseplants. All of these plants are surprisingly easy to grow, requiring only a bright window and regular watering. Young plants may not bloom the first year or so, but as your plants mature, they will produce more and more flowers. Best of all, most of these tropical beauties grow large enough to double as tub plants for your summertime enjoyment on porch or patio. Read on for more specific cultural details.

ANTHURIUM

After a vacation in Hawaii, few tourists can resist the temptation to bring home a bouquet of fiery red anthurium. Also called flamingo flower, this South American native thrives on the Hawaiian Islands, and most travelers don't realize that this tropical jewel will grow almost as well in their own home.

Anthuriums prefer bright indirect light and warm conditions. An east-facing window is best as long as the plant is not exposed to direct sunlight or temperatures that drop below 55 degrees Fahrenheit. Pot your plant with a half-and-half mix of fir bark and spaghnum moss and keep it moist.

FLOWERING GINGER

Various sweet-smelling and colorful flowering gingers can light up your home. There are a number of closely related ginger species to choose from. The vibrant crimson flowers belong to *Alpinia purpurata* or red ginger. Other species of ginger may have yellow or blue flowers. All have similar cultural requirements.

Flowering ginger grows well in commercial potting soil, but the plant must be kept slightly wet. It grows best where it can receive direct sunlight.

BIRD-OF-PARADISE

The exotic bird-of-paradise, whose birdlike orange and purple blossoms give it its name, is a cinch to grow. The plant produces the bulk of its flowers during the spring and summer, but its spear-shaped leaves make this 24-inch-tall plant a standout all year long.

Pot your bird-of-paradise in a commercial potting soil mix and place the plant in a bright spot. For best results your plant should receive about four or five hours of direct sunlight a day; morning sun is best, so a draft-free east-facing window is a good choice.

CLERODENDRUM

Clerodendrum, also called glory-bower, is one of the easiest tropical vines you can grow. In fact, with good care your plant may grow four to six feet long and produce clusters of white and red teardrop-shaped flowers.

If you don't have the space for a full-fledged vine, there is a more shrublike variety available. Use a commercial potting soil mix and keep your plant slightly moist from spring till fall. During the winter the plant's growth slows, so water it more sparingly then. Clerodendrums enjoy bright indirect light; direct sun may burn the plant.





FLOWERING GINGER



BIRD-OF-PARADISE



CLERODENDRUM







OLEANDER



HELICONIA





Blooming Tropical Houseplants

OLEANDER

Southern gardeners always have included the bright and fragrant oleander in their garden plans. Outdoors, this eye-catching shrub mixes well in the shrub border and makes a fine evergreen background for a bed of flowers. Now, however, gardeners around the country are discovering that this showy plant grows just as well indoors.

Oleander has narrow, dark green leaves and gorgeous white, rose, yellow, or purple flowers. This plant can grow six feet tall indoors, but it's a good idea to prune it back by a third after the flowers fade to prevent legginess and encourage new flowers.

To keep your oleander in top form, set it where it will receive six to eight hours of direct sunlight a day; it's an excellent choice for a sun-room, greenhouse, or porch. All parts of the oleander plant are poisonous, so be sure to keep it away from children and pets. To be safe, you may want to set your oleander up on a table, plant stand, or shelf.

Since oleander isn't fussy about soil, a commercial potting soil mix should do. Just remember to water the plant whenever the soil begins to dry out. If possible, move the plant to a sheltered deck or patio for the summer.

HELICONIA

Occasionally called parrot's plantain or false bird-of-paradise, the heliconia is a plant fancier's delight. Each plant can grow six feet tall and produce clusters of striking claw-shaped red-orange blooms. And the thick, leathery, bright green leaves remain attractive even in midwinter.

Heliconia does best in a rich, evenly moist soil. If you use a commercial potting soil, you may want to enrich it with some compost or rotted manure. Place your plant in a spot that receives at least five hours of direct sunlight a day, but don't let it dry out. Heliconia thrives in a humid atmosphere; brown leaf edges indicate lack of humidity. To increase the humidity around your plant, set it on a pebble-filled tray containing a little water. Be sure the plant doesn't set directly in the water or the roots may rot.

During the winter cut back on watering heliconia and do not fertilize. Be sure your plant is in a draft-free location. Propagate it from divisions in the spring. Small specimens take several years to reach blooming size; plants with less than eight leaves are immature and usually won't flower.

Buying information, page 113.

Photographs: Maris/Semel
Field editor: Bonnie Maharam

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begins on page 37

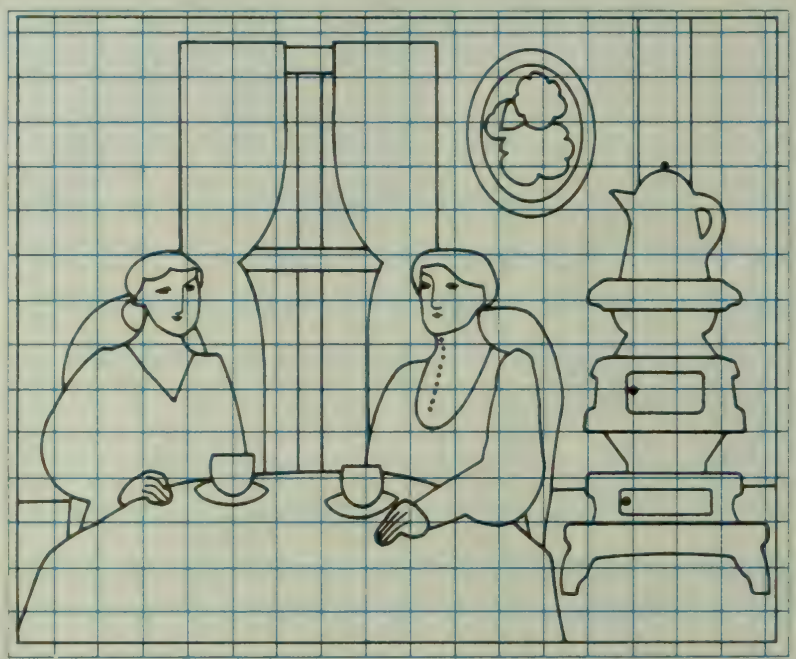
Fabric folk art

COFFEETIME, pages 37-39
(Finished size is 14x17 in.)

Materials: 14x17-in. wooden artist's stretcher strips; 17x20-in. piece of fabric for background; 17x20-in. piece of prequilted muslin for backing; assorted solid and print fabric scraps (see fabric suggestions, *below*); matching threads for appliqué; 9 tiny pearl beads for dress; 2 small round black beads for stove doors; 1 small round silver bead for coffeepot lid; scraps of lace; kraft paper; and pencil.

Fabric suggestions: Much of the secret to the three-dimensional quality of this fabric painting is in the careful and creative selection of appropriate fabrics. Use fabrics from your scrap bag or purchase new fabrics suitable for your appliquéd design.

For machine appliqué, select from a wide variety of fabrics, including heavy upholstery fabrics. Evaluate each fabric by itself and in combination with other fabrics; mix textures, patterns, and colors for desired effect. Start with the background fabric when making



1 Square = 1 inch



your selections (it's easier to develop a color scheme once the major fabric has been determined).

The following suggestions will help you create a design similar to the piece on page 37: Small print for wallpaper; floral print for flowers in picture frame; blue and gray print for "enamel" coffeepot; combinations of black and gray prints and solids for the stove; faded light blue denim for the sky; assorted, compatible fabrics of your choice for other areas of the design.

Instructions: (*Note:* For additional how-to information, see pages 38-39.) Enlarge the pattern *(page 50)* onto kraft paper. Transfer the individual pattern pieces to appropriate fabrics and cut out all pieces. (The original designer cuts the pattern pieces freehand but we suggest tracing the shapes onto the fabric before cutting.) Good, sharp shears are a must for cutting individual pattern pieces (to keep the fabric edges from fraying). Embroidery scissors are handy for cutting small shapes.

Cut a 17x20-in. piece of background fabric (this allows extra fabric for mounting the finished piece in stretcher strips) and a 17x20-in. piece of prequilted backing. Baste the backing to the background fabric, with the muslin side facing away from the background fabric. Pin and baste the pattern pieces to the background fabric, referring to the enlarged pattern and the photograph on page 37 for placement. (*Note:* Fusible webbing is helpful for holding small pattern pieces in place while you're basting.)

Using the satin stitch (or closely spaced zigzag stitch) on your sewing machine, appliqué around each pattern piece using a coordinating color of thread. For best results, use even hand tension on the fabric; guide, do not push or pull, the fabric. Be careful that the fabric doesn't gather or pucker as you stitch the pieces in place. If this happens, you may need to adjust the tension on your machine. Lightweight fabrics tend to draw during machine-stitching and may need to be lined with iron-on interfacing for added support.

When the design requires stitching a sharp corner, stitch up to the corner and leave the needle in the fabric at the outside of the line of stitches. Then lift the presser foot and pivot the fabric. Lower the presser foot and start your stitching so the first stitch goes toward the inside of the design, overlapping the stitch just made; continue stitching.

If your machine has a variety of decorative stitch settings, you may wish to embellish your design with fancy stitching in matching or contrasting colors of thread.

Once machine appliqué is completed, pull sewing threads to back of fabric and trim. Remove basting stitches.

Embroider facial features by hand using one strand of sewing thread or a single strand of embroidery floss; add beads and lace trims.

Steam-press finished piece lightly on wrong side of fabric if necessary.

Assemble the stretcher strips into a frame. Stretch the fabric over the frame and staple it in place on the back side. Avoid puckers in the fabric by pulling it taut when stapling to stretcher strips. Trim excess fabric and mount in a purchased frame if desired.





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Travel/Barbara Humeston

FAMILY VACATION PACKAGES

HOW TO CHOOSE WHAT'S BEST FOR YOU

Package vacations have long been a favorite way to explore Europe. But now there are more and more packages for vacationing closer to home, too—throughout the states, as well as in Canada, Mexico, and the Caribbean. Some of these packages are just right for families.

WHAT'S A PACKAGE?

A vacation package combines for a single price any two or more parts of your vacation: sightseeing, meals, admissions, entertainment, lodgings, car rental, and/or transportation by plane, bus, train, or ship. The wholesaler or broker who puts the package together makes it available to travel agents, who sell it to vacationers like you.

Everything from fly-drive arrangements to horseback outings is featured in packages. Trips sometimes are escorted, but as often as not you're on your own.

WHY BUY A PACKAGE?

One reason is price. Recently, a wholesaler offered a three-night package from Chicago to Nassau for $269 per person, including round-trip air fare. At the same time, the cheapest air fare if purchased separately came to about $332.

In general, savings are biggest with fly-drive packages, hotel and resort packages, and charters. Escorted motor coach tours, escorted rail tours, and some special-interest packages generally cost more, but they include guide services or access to attractions difficult to obtain on your own.

Package prices for kids, however, aren't always as economical as you might expect. With some packages, kids pay adult rates. Savings are biggest when children share lodgings with parents.

The next big advantage is convenience. In one transaction with a travel agent, you can buy meals, lodgings, airport transfers, transportation, and sightseeing. And if the package sets a definite price in the contract, you'll know in advance what your trip costs.

Packages also are a good way to secure hard-to-get tickets and lodgings, from Super Bowl seats to hotel rooms at Disney World in August or Aspen in January

WHAT ABOUT PACKAGE PITFALLS?

Packages are sold through travel agents, but not all agents are knowledgeable about the packages they sell. What's more, selling you a vacation package is less work for a travel agent than booking each part of your vacation independently. Frequently, too, agents earn highest commissions on packages, another reason to encourage you to buy one.

After you pay for a package, it may be too late to get your money back. Deposits aren't always refundable. And if your contract doesn't guarantee a price, the cost may go up before you set out. Paying in advance also reduces your clout when things go wrong.

Another drawback is the possibility that the airline, tour operator, or other service might go out of business before your vacation starts. Check into their reputations, and find out if your payment is held in escrow or guaranteed by a bonding arrangement.

In some areas, numbers and types of packages are limited. Since wholesalers rely on volume business, they tend to offer packages to popular destinations in the busiest seasons. You'll find plenty of packages for cities on both coasts, New England, the Middle Atlantic states, Old South, Southwest, Pacific Northwest, and so forth. Fewer choices exist in areas like the Midwest and Canada's Prairie Provinces.

WHAT'S BEST FOR FAMILIES?

Some types of packages are better for families than others. Fly-drives, hotel

continued

VACATION PACKAGES

and resort packages, independent tours, and action vacations are among the best. And the more flexibility the better!

Mini-tours

These little-publicized packages usually concentrate on small, unique areas sometimes missed by big motor coach tours. Many of the groups travel by van or small bus (up to 20 people), with a historian or other specialist. Most trips run two to four days, sometimes longer. Mini-tours are particularly popular in the Southwest and West. The tours often include picnics, even barbecues and camping.

The loose itineraries and small groups are ideal for families. Vacation in the right area at the right time and you can link several abbreviated tours for a longer vacation.

Many travel agents aren't up to date on mini-tours. You'll probably have to discover them on your own (see "Mini-Tour Roundup"). Most state tourism offices and city visitor bureaus have lists of tour operators. Some states, such as Colorado, New Mexico, and Utah, publish catalogs of packages. Airlines that serve areas you're considering also often can supply information.

Fly-drive programs

Fly-drive vacations are among the least structured packages. You come and go as you like. Simply arrange to pick up a rental car at the airport or your hotel.

The bargain portion of a fly-drive vacation is the driving. Usually, you get unlimited mileage, and the daily rate is well below what you normally pay for the same rental car. The longer the rental, the less the cost per day. Renting a car doesn't net you an air fare reduction, but you may qualify for special fares.

Some tour companies offer fly-drive packages, but airlines are the best information sources. Companies in many states and Canada also rent motor homes in conjunction with fly-drive programs.

Fly-cruise plans

Though these packages go by several names (air/sea, fly-free, and so forth), the idea is the same. For one price, your get all or part of your air fare to and from the cruise port, transportation between airport and ship, cruise, and sometimes lodgings and rental car in the area of the ship's port before or after your cruise.

Packages and prices vary. Some plans are available to all passengers; others apply only to full-fare passengers, excluding kids and other third and fourth occupants in a cabin. Some vary with the season and length of cruise. Among family-oriented cruise lines, Sitmar offers a particularly liberal air/sea program. Rail-sail plans, offered by some lines, provide train transportation to and from ship.

Fly/stay-put options

If you're considering a vacation at a popular resort area, an air fare/lodgings package is best. Airlines offer lots of combinations; resorts and travel agents package these vacations, too.

Most families also like condominium packages. Except in some posh high-rent districts, condos cost less and are more spacious than comparable hotels. Kitchen facilities save you money on meals, but usually you can't rent a condo for less than a week.

Hotel packages

In addition to resorts, hotels and motels feature attractive packages, especially in big cities on weekends—when most business travelers aren't around. Nine Best Western motels in the Los Angeles/Anaheim area package three nights' lodgings, Disneyland, Knott's Berry Farm, and Universal Studios admissions, plus shuttle transportation, for about $130 per adult, $12 less for kids. In general, chains offer lower package rates than independents do.

Train tours

For convenience and economy, train tours are hard to match. Kids can enjoy the run of the train, while parents relax or snooze. Amtrak has family bedrooms (sleeping five) on new Superliner trains.

Amtrak and VIA Rail Canada combine rail travel, hotels, and motor coach sight-seeing, with and without escorts. Long-distance trains feature the best packages. Favorite family destinations include national parks, the Pacific Coast, and Canadian Rockies.

Or you can schedule your rail trip around several two- or three-day packages with train travel in between.

continued

MINI-TOUR ROUNDUP

Following is a selection of excellent mini-tour packages geared to families.

- *Cardinal Touring Associates of Norfolk, Virginia, operates 20-passenger buses on three-day tours of the Pennsylvania Dutch area ($134 per person, $10 less for children) and two-day Jefferson country trips in and around Charlottesville.*
- *Acorn Tours of Brentwood, Tennessee (near Nashville), offers personally escorted tours for ten to 16 passengers in a specially designed motor home. Trips go to Williamsburg at Christmastime ($410 per person for five nights), to Gatlinburg ($99 for two days), and to Reelfoot Lake in northwestern Tennessee for midwinter eagle watching ($84 for two days). Kids pay the same prices as adults.*
- *In New England, Clark Transportation Agency of Barre, Vermont, has a three-day Cape Cod excursion for $224 ($175 for children 12 and under).*
- *New England Sights of Cambridge, Massachusetts, custom designs trips for up to nine passengers to popular vacation destinations, including the Berkshires and the Maine Coast.*
- *Stage Line Tours of Prescott, Arizona, has a two-day Monument Valley-Canyon de Chelly package ($105 to $150) and a three-day Grand Canyon-Bryce-Zion national parks adventure ($175 to $195). Children under 12 pay half price on both tours.*
- *Color Country Tours of Cedar City, Utah, operates vans on four-day loops of Zion, Bryce, and Grand Canyon national parks, including a cruise on Lake Powell ($296 per person double any age).*
- *Range Tours of Denver has four-day jeep tours through Canyonlands National Park (about $375 any age). Two- to seven-day raft trips also are available.*



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11 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Mar.'83

VACATION PACKAGES

Amtrak offers a variety of short packages in cities and at other destinations.

Independent packages

A FIT or independent package lets you pursue your individual interests. (The term FIT originally meant *foreign independent travel,* but now applies to any independent travel.) Travel agents tailor FITs to vacationers. If your family wants to plan as you go, choose a FIT that combines air fare, rental car, and your first night's lodgings. There may be an agent's fee—about 10 percent of the package's price.

Sometimes, this type of package is the only way to go. If you would like to tour New England in your own way, you might purchase a FIT that includes train travel to Boston, two nights' lodgings while you sight-see, a rental car to drive to New Hampshire, several days at country inns, a couple of days' backpacking, and a river trip. You're not likely to find a combination like that with a standard vacation package.

To hew closer to the beaten path, there already may be an independent package set up with a loose itinerary or none at all. In Hawaii, United Airlines/Creative Leisure "Privacy in Paradise" vacations offer nightly rates in condos on five islands, rental car, and discounts on interisland air fares. You link as many days or islands as you like.

Action/special-interest vacations

Among the hottest buys in packages are action vacations. These adventurous trips give families a chance to join in activities once restricted to experts: backpacking, horse-packing, rafting, ballooning, sailing, bicycling, skiing, and mountain climbing.

Action packages exclude transportation to your destination. Typically, however, operators furnish transportation after your arrival, meals, and gear (except sleeping bags), and lessons, if necessary. Though relatively expensive, these packages provide experiences you might not tackle on your own. Other special-interest packages include activities like golf and tennis.

Several states, including Idaho, Arizona, California, New York, Colorado, and Illinois, publish brochures about action/special-interest vacations. Ask a travel agent or write state tourism offices for more information.

Motor coach tours

Among the most prolific packages are motor coach or bus tours, which have some definite advantages. You don't have to cope with traffic and luggage handling or worry about your hotel room being booked if you arrive late.

Many motor coach tours, however, are too structured and confining for families with children. There are some exceptions. A tour of Washington, D.C., might interest youngsters studying U.S. history. Tours that feature theme parks are another option. The World's Fair in New Orleans will be the focus of many motor coach tours this year.

For most families' schedules and budgets, seven- or eight-day motor coach packages are more feasible than longer tours. Cost depends on the quality of hotels, number and quality of meals, type of escort, and amount of sightseeing. Some tour operators charge kids 50 to 60 percent of the adult rate if they share a room with parents; others don't give discounts. As a rule, the more flexible the tour, the lower the price. The key to appreciating a motor coach tour is to enjoy traveling with a group.

Doing business with a financially stable motor coach tour operator who has a proven reputation is important. Names like Cartan, Globus-Gateway, Maupintour, and Tauck are stalwarts in the industry. For a listing of 400 firms that belong to the National Tour Association (NTA), a professional organization of group tour operators, write for a copy of *Tour All America* (free) from the NTA at 120 Kentucky Ave., Lexington, KY 40502.

Air charter packages

Attractively priced air charter packages make travel tempting. To provide even more incentive, travel agencies and wholesalers organize special charters for vacationers who share certain interests. Charters also fly you direct to destinations difficult to reach by scheduled airlines or to popular spots when other transportation is booked.

Usually, you pay all or a major part of the fare well in advance, with penalties for cancellations. Cost often depends on how many people the operator signs up (the fewer travelers, the more you pay). There may be price hikes to cover the expense of unsold seats. If the charter doesn't meet its guarantee to the airline, it's canceled. And you may not find out in time to make other plans.

HOW DO YOU SHOP FOR A PACKAGE?

You can buy packages through airlines or tour operators. But a good travel agent who has experience with a variety of packages is your best ally. The agent will know which packagers are reliable and which aren't. Regardless of the package you're considering, ask the agent to put you in touch with families who've tried it. Also find out if the agent belongs to the American Society of Travel Agents.

Keep in mind that travel agents tend to specialize in areas of the country and types of packages. The same agent who knows Caribbean resorts, for example, isn't likely to be an expert on raft trips out West.

—With Barry and Hilda Anderson

COMPLAINTS

If your package doesn't deliver as promised, discuss the problem with the tour representative at your destination (if there's one on hand). Next, call your travel agent when you get home. If necessary, contact the local Better Business Bureau, state attorney general's office, Consumer Affairs Dept. of the American Society of Travel Agents (4400 MacArthur Blvd., NW., Washington, DC 20007), United States Tour Operators Association (Suite 4B, 211 E. 51st St., New York, NY 10022), and the consumer protection office in the home state of the offending company. Motor coach tour complaints can be made to the Consumer Complaint Dept., National Tour Association (120 Kentucky Ave., Lexington, KY 40502).

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MONEY

What's What in Life Insurance Policies

With so many different kinds of life insurance policies in the marketplace now, it's easy to be confused about which policy serves what kind of purpose. To help you sort it all out, here's a glossary of the major types of policies available today.

- **Whole life.** The face amount, or death benefit, and the premium you pay remain the same for as long as the policy is in force. After two or three years, the policy usually has some cash or surrender value that you can collect if you drop the policy.
- **Modified life.** This kind of whole life allows you to pay a smaller premium for the first five or ten years and then pay a higher premium for the rest of the policy period.
- **Limited payment life.** Premiums are higher than for ordinary whole life, but you pay only for a stated period, say ten or 20 years, or until a certain age like 65. After that, you're covered for life.
- **Term insurance.** Your policy runs for a fixed period, usually one to five years, after which you are no longer covered. Because there is no cash value, premiums are considerably lower than for whole life.
- **Level term.** With this kind of term insurance, the face amount and the premium remain the same for the period of coverage. Some policies are not renewable without a medical exam.
- **Renewable term.** You have the option of renewing at specified intervals, usually from one to five years and up to a certain age limit (65 or 70 is typical) without a medical examination. The premium increases at each renewal.
- **Convertible term.** Most term policies can be converted to whole life without evidence of insurability, up to a prescribed age, frequently 60 or 65.
- **Decreasing term.** The face amount of the policy declines each year of the term, which may run ten to 25 or 30 years, but the premium remains the same throughout. Decreasing term is widely used as "mortgage insurance"; the diminishing face amount of the policy keeps pace roughly with the mortgage balance as it is being paid off. Decreasing term also can provide high coverage at a low premium for a young family so that the face amount diminishes as the family's needs and responsibilities lessen.
- **Credit life.** Lenders sometimes request that a borrower take out a credit life policy to cover a substantial loan or large installment purchase. A medical examination usually is not required. You don't have to buy through your lender; shop with other sources, too.
- **Family income policy.** This combines decreasing term insurance and whole life insurance. If the insured person dies during the term period, the policy will provide the family with monthly income until the end of the term. In addition, the whole life portion will pay a lump sum to survivors. Note: Don't confuse the family income policy with a "family policy," which insures all or several members of a family under one contract.
- **Universal life.** This relatively new kind of policy combines term insurance and a tax-deferred savings account that pays a flexible interest rate. You can raise or lower your coverage within specified limits, pay whatever annual premium you wish, or even skip a payment. You also can withdraw money (within certain guidelines) without penalty. Cash values generally accrue at higher rates than those on regular whole life insurance, but fees and other costs reduce the effective yield.
- **Adjustable life.** Also known as "life cycle" insurance, this kind of policy can be adjusted to changes in your life situation, such as marriage or birth of a child. During a period in which you need maximum coverage, you can switch to term insurance at low cost. If, at another period, you want to emphasize a buildup of cash and loan values, you convert to whole life.

THE COUNTRY STORE THIMBLES

Americana — in a warm and wonderful tradition





Actual size.

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FRANKLIN PORCELAIN
Franklin Center, Pennsylvania 19063

A

Remember the Morton Salt girl... the apple-cheeked Campbell's Soup kids... the Bon Ami chicks... the Burma-Shave man with his wonderful jingles? They're all back now, delightfully captured for you on The Country Store Thimbles

A collection of twenty-five fine porcelain thimbles, each hand-decorated with 24kt gold.

Available exclusively from Franklin Porcelain.

Please order by February 29, 1984.

There was always a wood-burning stove, a cracker barrel, and a long counter piled high with bolts of calico and flannel . . .

It was the Country Store, symbol of some of the most carefree years America has known. The center of social life all across the nation.

And now you can recapture the simple pleasures of that time—with a very special collection of twenty-five fine porcelain thimbles, all bearing original artwork based on the official trademarks of companies whose names were household words around the turn of the century.



Here are the "*Campbell's Soup* kids" . . . the girl with the umbrella from *Morton Salt* . . . the little chickadees on the *Bon Ami* box . . . even the bewhiskered *Burma-Shave* man—with each design based on the actual packages and ads our grandparents grew up with.



Indeed, both individually and as a collection, The Country Store Thimbles provide a fascinating trip back in time—adding a new dimension to a uniquely American collecting tradition. For American companies saw thimbles as an excellent way to advertise. So they happily provided customers with thimbles marked with their companies' names and slogans.

Every Country Store Thimble bears an *original* design created exclusively for this collection—not merely a reproduction of an early package or advertisement. And each design has been fully approved by the company involved.

These designs will be fired onto fine porcelain thimbles encircled top and bottom with *hand-painted* bands of *pure 24 karat gold*. And each will be crafted by the master artisans of Franklin Porcelain, one of the very few facilities in America capable of such fine detailed work.



Note the thimble's translucency. Inside is Franklin Porcelain's signature mark.

Yet despite the care and time needed to create each individual thimble, the price for each one is just $12.50. And with the collection you will receive, at no added charge, a handsome display rack, plus fascinating commentaries about each product.



The Country Store Thimbles form a collection that is likely to be treasured by your family for generations. A beautiful reminder of a very special time in our history.

It is, however, available only by direct subscription, and will be crafted *solely* for those who enter valid subscriptions for the series.

One thimble will be sent each month. But it will take time to craft them, so it is important to mail your application by February 29, 1984.

FRANKLIN PORCELAIN
A FRANKLIN MINT COMPANY



A handsome hardwood rack will be provided for display of the complete collection

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SUBSCRIPTION APPLICATION

THE COUNTRY STORE THIMBLES



Please mail by February 29, 1984.

Franklin Porcelain
Franklin Center, Pennsylvania 19091

Please enter my subscription for The Country Store Thimbles, consisting of 25 fine porcelain thimbles, each hand-decorated in 24 karat gold. My thimbles will be sent to me at the rate of one per month, and a custom-designed hardwood display rack will also be sent to me without additional charge.

I need send no money now. I will be billed $12.50* for each thimble in advance of its shipment.

*Plus any state sales tax

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Mrs.
Miss _____
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City _____

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	Discount	1.78	1.00	1pm-6pm
	Economy	1.42	.80	6pm-7am

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Fancy Fix-Ups For Store-Bought Cakes

You can skip the time-consuming step of baking and still serve a luscious cake for dessert. How? Just start with a purchased cake from your grocer's bakery department or freezer section or from a favorite bakery—then add your own tasty touches to create a showstopping treat.

Take your cue from our embellishments for frosting, filling, or topping rich pound cakes, light angel cakes, and tender shortening-type cakes. These recipes are not only easy on the cook, but also quick to prepare.



RUM-RAISIN CUPS

Purchased cake cups are the beginnings of a quick and delicious dessert when combined with canned pineapple slices and this warm rum-raisin sauce. Try different kinds of ice cream atop—

3 tablespoons raisins
2 tablespoons rum
1 8¼-ounce can pineapple slices
2 tablespoons brown sugar
1 tablespoon butter *or* margarine
2 teaspoons cornstarch
4 cake dessert cups
Chocolate *or* vanilla ice cream

In a small bowl combine the raisins and rum; set aside. Drain the pineapple slices, reserving *⅓ cup* of the syrup. In a small saucepan combine the ⅓ cup syrup, the brown sugar, butter or margarine, and cornstarch. Cook and stir the mixture till thickened and bubbly. Cook and stir 2 minutes more. Remove mixture from heat. Stir in the raisins and rum. Add drained pineapple slices to saucepan, spooning warm sauce over slices.

Split the cake cups horizontally. Place one pineapple slice between layers of each split cake cup on individual dessert plates. Place a small scoop of chocolate or vanilla ice cream in the center atop each cake cup; spoon the warm rum-raisin sauce atop. Makes 4 servings.

MOCHA-ALMOND TORTE

This purchased cake fix-up is special enough to serve after an elegant meal—

1½ teaspoons instant coffee crystals
1 tablespoon milk
⅔ cup butter *or* margarine
3 cups sifted powdered sugar
1½ squares (1½ ounces) unsweetened chocolate, melted and cooled
2 egg yolks
1 frozen loaf pound cake, thawed
½ cup almond paste
3 tablespoons water
Sliced toasted almonds

For the mocha frosting: Dissolve instant coffee crystals in the 1 tablespoon milk. In a mixer bowl beat the butter or margarine with an electric mixer for 30 seconds. Beat in *1½ cups* of the powdered sugar and the melted unsweetened chocolate. Add egg yolks and the dissolved coffee crystals, beating till the mixture is well blended. Add the remaining powdered sugar and additional milk to make a fluffy frosting consistency.

Slice the loaf cake horizontally into 3 layers. Beat together almond paste and the 3 tablespoons water. Spread the bottom cake layer with *⅓ cup* of the almond paste mixture, then *½ cup* of the mocha frosting. Top with next cake layer and repeat layering with remaining almond paste mixture and *½ cup* of the frosting. Top with the remaining cake layer. Frost top and sides with the remaining frosting. Sprinkle sliced almonds atop. Store cake, covered, in the refrigerator. Makes 10 servings.

HONEY-LEMON ANGEL CAKE

A purchased frozen loaf pound cake that's thawed and split can be substituted for the angel cake in this recipe—

1 8-ounce package cream cheese, cut up
⅔ cup lemon yogurt
1 tablespoon honey
1 purchased 9-inch angel cake
⅓ cup toasted coconut
3 tablespoons coarsely chopped pecans *or* walnuts

In a mixer bowl beat the cream cheese with an electric mixer till fluffy. Beat in the lemon yogurt and honey till mixture is just combined. Using a serrated knife, slice the angel cake in half horizontally. Spread *half* the beaten yogurt mixture atop bottom layer. Top with the remaining cake layer. Spread remaining yogurt mixture atop cake.

Sprinkle cake with the toasted coconut and chopped pecans or walnuts. Chill the prepared cake up to 1 hour before serving. Store any remaining cake, covered, in the refrigerator. Makes 12 servings.

Photograph: Mike Dieter

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Imagine... the richness of pure fresh cream laced with the unique flavor of Myers's Original Dark Rum. Make your holidays special with cream and rum. Yum.

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You know what Kitchen Bouquet does for gravy. Now this unique blend of natural ingredients is adding rich brown color and extra flavor to your favorite soups and stews, too. Why not try Kitchen Bouquet in one of our favorite recipes...

SAVORY CHICKEN STEW

2½ to 3 pounds chicken breasts, boned, cut into 2 inch cubes
2 tablespoons vegetable oil
1¼ teaspoon salt
¼ teaspoon pepper
½ cup onion chopped
½ cup green pepper, chopped
1 clove garlic, crushed
1½ teaspoon curry powder
1 can (28 oz.) whole tomatoes
1 tablespoon Kitchen Bouquet
2 tablespoons chopped parsley
⅛ teaspoon mace
¼ cup raisins or currants
¼ cup slivered almonds

Skin and wash chicken pieces. Dry with paper towels. In large, heavy pan, brown chicken in hot oil. Sprinkle with salt and pepper. Remove chicken from pan. Add chopped onion and green pepper, crushed garlic and curry powder. Cook over low heat until onions are tender. Add chicken and remaining ingredients, except almonds. Cook 1 hour or until chicken is tender. Sprinkle with almonds. Serve over steamed rice. Makes 4 servings.



©1983 The HVR Co.

DECORATING

Beautifying a Bay





The decorative treatment you select for a bay window can greatly enhance its natural beauty. A simple dressing, like one of these, embellishes a window without overpowering it.

Wide-louvered shutters pinpoint this bay as the focus of a comfortable seating area *(top)*. The brown-stained shutters are an eye-catching contrast to the light walls and furnishings. They also provide good light control. When adjusted, the shutters can softly filter incoming sunlight or block it to help reduce any heat buildup and fading.

To beautify a bay without hiding a pretty view outside, consider using a decorative swag *(above)*. Although some swags are easy enough to make yourself, more complicated treatments like this one usually require a professional hand. Here, the draped fabric is attached to a shallow cornice that is secured with L brackets.

Photographs: Fred Lyon. Design *(top)*: Elayne Becker. Field editor: Helen Heitkamp. Design *(bottom)*: Deborah Strobin ISID, and Shirley Crosetti, San Francisco Symphony International Design House. Field editor: Barbara Cathcart.

Allbee® and Z-BEC® Vitamins want you to:

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Here's a chance for you and your family to see the 1984 Summer Olympic Games — all expenses paid. Lucky winners of the "Winning Events Olympic Sweepstakes," sponsored by Allbee and Z-BEC Vitamins, will see the world's best athletes compete "for the gold". Look for sweepstakes details at your drugstore's display... don't delay, send in your entry.

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OFFICIAL SWEEPSTAKES RULES

1. To enter, hand print your name, address (including zip code and telephone number) and your favorite Allbee or Z-BEC vitamin retailer on the official entry form or on a 3" x 5" card. With each entry include the words Allbee and Z-BEC Vitamins, Official Vitamin Sponsors of the 1984 U.S. Olympic Team. NO PURCHASE NECESSARY.
2. Mail your entries to: WINNING EVENTS OLYMPIC SWEEPSTAKES, P.O. Box 82089 St. Paul, MN 55182. Enter as often as you wish. Only one entry per stamped envelope. Entries must be postmarked by December 31, 1983 for the Winter Winning Events Drawing and received by January 15, 1984. Entries for the Summer Winning Events and Grand Prize drawing must be postmarked by May 1, 1984 and received by May 15, 1984. Entrants assume responsibility for delivery of entries by the Post Office. Entries which are illegible, torn or mutilated will not be accepted.
3. Winners for the Winter Winning Events will be selected on or about the week of January 16, 1984. Winners for the Summer Winning Events and the Grand Prize drawing will be selected on or about the week of May 21, 1984. All winners will be notified by mail. Decisions of the Carlson Marketing Group Inc., an independent judging organization, are final. Chances of winning depend upon the total number of entries received.
4. The prizes consist of:

   Winter Winning Events
   1-First Prize—45" RCA Wide Screen Television
   10-Second Prizes—His and Hers 26" Murray 10 Speed Touring Bicycles
   25-Third Prizes—Original Limited Edition Olympic Lithographs
   1000-Fourth Prizes—Olympic Posters

   Summer Winning Events
   1-First Prize—Sanyo Deluxe Portable VCR
   10-Second Prizes—Nikon FG Camera, Lens, Case and Flash
   25-Third Prizes—Original Limited Edition Olympic Lithographs
   1000-Fourth Prizes—Olympic Posters

   Grand Prize Winning Events—(to be drawn from all entries received.)

   2 Grand Prizes — all-expenses paid trip to the 1984 Summer Olympic Games in Los Angeles for a family of four.
5. Prizes are limited to one household and are not transferable. No cash substitutes. Winners are responsible for all federal, state and local taxes. If a minor wins any of the prizes, it will be awarded in the name of the parent or legal guardian. All prizes will be awarded.
6. This sweepstakes is open in all areas of the U.S. in which displayed or advertised. Offer void if prohibited or restricted. All federal, state and local laws and regulations apply.
7. Employees and their families of the A. H. Robins Company and its affiliates or subsidiaries, their advertising and promotional agencies are not eligible. Winners subject to proving eligibility.
8. For a list of all prize winners, please submit a self-addressed, stamped envelope to WINNING EVENTS OLYMPIC SWEEPSTAKES WINNERS LIST, P.O. BOX 82194 St. Paul, MN 55182

Mail entries to:
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See Official Sweepstakes Rules for mailing deadlines.

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Comstock. Homemade desserts that say you care.

DECORATING

Thrifty Valance You Can Make



Treating your curtains or shades with a tailored valance like this one is an instant way to get customized looks for less. Only a few materials are needed and you can complete the attractive project in an afternoon.

The fabric valance is attached with self-gripping nylon tape to a wooden frame *(above)*. Since wood screws are used to hold the frame in place, this project works best with plaster or wood-paneled ceilings.

Begin by constructing the frame for your valance; cut two wood strips the width of your valance, and one the length. Next, cut a plywood panel with the same length and width measurements. Nail the strips together in a U, then attach the plywood panel on top. Complete the frame by stapling lengths of self-gripping nylon tape to the front and side faces. Then secure the frame to the ceiling with wood screws, being sure to hit the ceiling joists.

It's best to choose a crisp fabric and medium- to heavy-weight lining for your valance. Position the seams so that they fall at the corners, and sew drapery weights into the hem to keep the valance taut. Sewing self-gripping nylon tape along the valance's top edge makes it easy to press the panel into place, and to remove it for washing.

Design Lynn Mitchell Drawings Blaser/Kimball



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NEW SUNKIST® *JUICE CUPS.*

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Welcome home to "Harvest" by Cameo Curtain, designed exclusively for Montgomery Ward by Randy Trull. The opulent quilted bedspread and shams are filled with soft, luxurious KodOfill polyester fiberfill. Matching draperies and valance are also available in selected Montgomery Ward stores. In addition, coordinating decorative pillows, table-rounds, balloon shades and standard draperies in six sizes are available in natural, blue haze and Georgia clay through the catalog.

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CRAFTS

Decorating with Decoupage

Decoupage is a simple cut-and-paste technique anyone can master. From the French word "decouper" meaning to cut up or cut out, the art of decoupage was originally designed to help meet the demand for elaborately painted furniture in vogue during the 1600s and 1700s. Without the availability of a color printing process, all prints had to be colored by hand before being applied to the furniture.

Almost any item with a smooth surface can be decoupaged. Wood (painted or stained), metal, glass, ceramic, and plastic surfaces are all well suited to this versatile craft. Beginners should try working with boxes, trays, plaques and other items with flat surfaces; more advanced decoupage artists can work with chairs, tables, trunks, chests, and other pieces that pose a creative challenge.

Used-book stores, antique shops, or even your attic or basement will yield old greeting cards, prints, calendars, wrapping papers, and magazines suitable for decoupage. Special-occasion programs and announcements are especially appropriate for decoupage and make meaningful keepsake gifts when applied to household items. Avoid photographs or prints with shiny surfaces, or newspapers with print on both sides.

Cutting and gluing prints

Precise cutting is mandatory for professional results. Use small scissors with fine, sharp points for cutting designs. Begin by cutting away any excess paper to allow for easier handling; then cut all detailed edges. When cutting, always move the print, not the scissors.

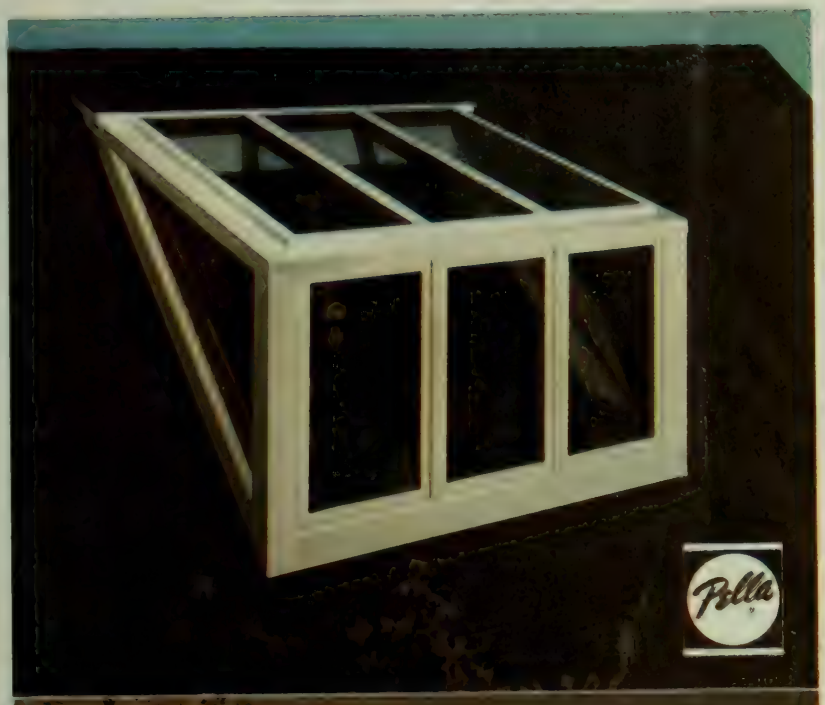
Use a special decoupage paste to adhere paper cutouts to your surface. This paste, found in crafts and hobby shops, dries more slowly than white glue and allows you to reposition the print as desired until you have precisely the right placement. Use white glue (because of its quick-drying tendency) if the paper is heavy or highly polished on the back. Pat the cutouts gently with a slightly dampened sponge or soft cloth, carefully wiping away excess glue. All edges must be secure before you move on to the next step.

Varnishing your project

Varnish provides a mellow, antique look to decoupage projects, and as many as 30 coats of varnish are recommended. Varnish dries slowly, however. At least 24 hours is needed between each coat. Water-soluble coatings can be applied more rapidly, as many as five per day, but they result in a much softer finish. Apply two coats of varnish over water-soluble coatings for more durability. Once your project is completely dry, rub the surface with a very fine grade of steel wool or sandpaper for a hand-rubbed patina.

A bright idea from Pella.

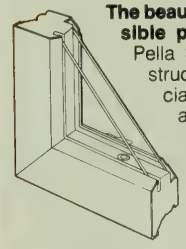
Raise the roof with the new Pella Sunroom Dormer.





Raise the roof. Raise your spirits. And raise your expectations of what the new Pella Sunroom Dormer can do for your home. You could create a softly lit, romantic attic. Or a bright and cheery living room. The possibilities are unlimited. And the Pella Sunroom Dormer is available in sizes from the modest to the magnificent, to fit almost any roof angle on an existing house, or to be a stunning focal point in a new home.

There's more to expect from Pella. Here are just a few of the details and convenience features that make Pella the significant difference in windows — and Sunroom Dormers.



The beauty of wood inside — sensible protection outside. Your Pella Sunroom Dormer is constructed of solid wood, specially chosen for its strength and superior insulating qualities. Inside, all you see is the beauty of select western pine, ready to accept a beautiful natural finish, stain or paint. Outside, the Sunroom Dormer is completely clad with a sturdy aluminum jacket that doesn't need paint. This low-maintenance finish is available in white or dark brown.



With windows all around, Pella has paid special attention to energy features. Skylight units are all double glass, and you can choose from double or triple glazing on vertical windows. The weatherstripping on Pella Casement Windows is similar to that on a refrigerator — so tight that it seals 16 times better than industry standards. Plus, the exclusive Pella Slimshade® offers more than instant control for shade and privacy — it has considerable energy-saving benefits as well when closed.

Visit your nearest Pella Planning Center and see the Pella Sunroom Dormer and all that Pella has to offer for old homes and new. You'll find Pella listed in the Yellow Pages under "Windows". Or send the coupon for more information.

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IDEAS IN DECORATING

"THERE'S GOLD IN THAT OLD SOFA."



Patricia Harvey
Interior Designer, F.A.S.I.D.

If your old sofa looks as though it's on its last legs, don't be too quick to bundle it out of the house. Resourceful homeowners are discovering that many old pieces have a value you can't buy today. And they are restoring them through reupholstery. The economics of reupholstery works for them, too. For dollars and cents it can be one of today's best buys.

THE VALUE IS IN THE FRAME. If your old sofa (or chair) has a good frame, it's well worth reupholstering. A frame is the essential element in the structure, and if it's solid there's no point going out and buying a new one. So, what's a good frame? One that's made of hardwood—oak, or maple, for example. Hardwood is strong and has longevity. A clue is its weight. Hardwood is heavy. That's why furniture salespeople will often lift up one end of a sofa when showing it to a customer. They are demonstrating the frame's weight. And the frame is what your upholsterer can check out.



THE ART OF REUPHOLSTERY. Building on your old frame (where you save big dollars), the upholsterer re-ties the springs, puts in new webbing, all new padding and filling, and totally re-creates the sofa. This is all hand-work involving a high order of skills. What you get back is a piece of furniture in the class of a custom-made.

THE FABRIC ADVANTAGE. A significant advantage in reupholstering is fabric selection. You choose from a practically panoramic range of colors and textures. So you can find just about any fabric, at any price, to fit any decor.

NAUGAHYDE® IN FASHION. When choosing fabric, consider the interesting varieties of Naugahyde. These have today's soft-textured, glove-like leather look that's so fashionable. Advanced design technology has given them a supple, fluid hand. They drape and tuck with beautiful ease, or fit sleekly and never sit out. The colors are sophisticated (over 600) and come in decorator tones like Copper, Terra Cotta, Apricot, a rich Navy, soft beiges, as well as warm bronzes, wines and black. Naugahyde is spot and stain resistant, wipes clean with a damp cloth. And it's far and away one of the most durable fabrics you can enjoy today.

WRITE FOR OUR BOOKLET,
"Reupholstery, What's In It For You?"
Uniroyal, Inc., DEPT. BH-1-J, P.O. Box 2000
Mishawaka, Indiana 46544
Please enclose 50¢ to cover mailing costs



THE HOMEOWNER'S GUIDE TO REUPHOLSTERY, FROM

NAUGAHYDE®
BRAND FABRIC

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Naugahyde® is a Uniroyal registered trademark for its quality vinyl fabric

FOOD

Win Money For Your Recipes

SUMMER FRUIT SALADS

MICROWAVE APPETIZERS

Do you create a colorful, fresh-tasting fruit salad that appeals to summer appetites? Are easy-to-prepare microwave appetizers the highlight of your outdoor party? Send us your recipes—you could be a winner. Two Cooks of the Month receive $50 each, four Runners-Up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Summer Fruit Salads: Submit your innovative recipe for a layered, marinated, molded, or arranged main-dish or side-dish salad. Does your specialty salad show off a bountiful summer crop? Perhaps pureed fruit is the basis of a dressing or salad topper. **Tips: fruit and cashew slaw, tropical chicken and fruit bowl, strawberry-pineapple soufflé salad, spicy fruit toss, herbed fruit platter.**

Microwave Appetizers: Is your original recipe slated for a casual party nibble or an elegant first course? Do you micro-cook your appetizer ahead, freeze it, then micro-heat it on the spot? Or, do your hors d'oeuvres get their start from a convenience food? **Hints: smoky cheese dip, seafood egg cups, curried chicken terrine, Mexican fiesta fondue.**

THIS MONTH'S WINNERS

(See recipes on pages 107 and 108.)

Cooks of the Month: Nancy S. Graham, Hebron, Md; Doris Hoke, Stone Mountain, Ga.

Runners-Up: Susan J. Adams, Atlanta, Ill.; Linda Bahr, Topeka, Kans.; Leslie Meixner, Olympia, Wash.; Dr. Arthur L. Plouff, Newburyport, Mass.

Honor Roll: Bryanna Clark, Union Bay, British Columbia; Mrs. W. H. Cook, Jr., Signal Mountain, Tenn.; Carol Grady, Louisville, Ky.; Ms. Carley Lindsay, Iowa City, Iowa; Mrs. Hilda Mitchell, Port Huron, Mich.; Toni O'Daniell, Campton, Ky.; Marcy Ringel, Highland Park, N. J.; Mrs. George Rule, Orlando, Fla.; Bee Dee Schwartz, Chesterfield, Mo.; Mrs. Robert Wonacott, Elk Rapids, Mich.

CONTEST RULES

1. Write your name, address, and recipe clearly. Mark it "Summer Fruit Salads" or "Microwave Appetizers."
2. Specify brand names of food products you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish.
5. Entries must be postmarked by midnight, January 31, 1984. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address the recipes you enter to 8401 Food Department, Better Homes and Gardens, Des Moines, IA 50336.

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PETS

Update

PET INFORMATION FOR FREE

Looking for information and advice about pets? There are a variety of free sources you can call on.

- Almost everything you ever wanted to know about dogs is in one of some 40 different publications available from the Gaines Dog Care Center. To obtain a directory of what's available, write to Gaines At Your Service, Box 8177, Kankakee, IL 60902.
- Toxic plants pose a health problem to dogs and cats who eat them (most pets don't eat plants; they simply like to play with them). For a free list of plants that are poisonous to pets, write for a copy of the *Poison Plant Reprint,* The Humane Society of the U.S., 2100 L St., NW., Washington, DC 20037. *The Angell Memorial Guide to Animal First Aid* also cites poisonous plants. You can get a copy of the guide by sending 25 cents to the MSPCA, 350 S. Huntington Ave., Boston, MA 02130.

COPING WITH THE DEATH OF A PET

Sooner or later, most families face the death of a beloved pet. When that time comes, experts in people-pet relationships give this general advice.

First, recognize that grief for the loss of a pet is normal, and be sympathetic to family members who grieve differently than you do or experience a deeper sense of loss. Often older people suffer most.

In some cases, it's a mistake to get a replacement pet right away. Weeks, even months, may be required before a new pet can be appreciated.

If after a reasonable period of time a family member isn't able to cope with the pet's death, get professional counseling. Some local humane organizations and veterinary hospitals now provide this service. Or you can ask your veterinarian or family doctor for recommendations. An excellent book to help pet owners understand their grief is *Pet Loss* by Herbert A. Nieburg and Arlene Fischer ($10.95; Harper & Row Publishers, 10 E. 53rd St., New York, NY 10022).

Try Celeriac For Fresh New Flavor

An abundant winter vegetable worth trying is celeriac. This versatile food often is confused with celery, but celeriac (alias celery root) is grown for its turniplike root, and celery is cultivated for its stalk.

Choose small celeriac (it's more tender than a large knob) that has had the inedible green top removed, and store it unwrapped in the refrigerator. At mealtime, remove the tough skin. Cut the raw vegetable into julienne strips for a salad or serve the strips with a dip for a low-calorie snack.

Cook cut-up celeriac in water or steam it for 5 minutes. Serve this mild-flavored vegetable simply buttered or toss it with your favorite cream sauce. You also might substitute celeriac for potatoes in stews and casseroles.



SHREDDED CELERIAC SALAD

Try this salad with an Oriental stir-fried entrée or broiled meats—

- ⅓ cup salad oil
- 3 tablespoons white wine vinegar
- ½ teaspoon dry mustard
- ½ teaspoon sesame oil
- 2 cups peeled, shredded celeriac
- 1 small carrot, sliced
- 1 tablespoon chopped green onion
- Romaine *or* spinach leaves
- 8 slices tomato

In screwtop jar combine salad oil, vinegar, mustard, and sesame oil; shake well. In bowl combine celeriac, carrot, and onion. Shake dressing and pour over all. Cover; chill. To serve, line four salad plates with romaine or spinach leaves; top each with two tomato slices. Spoon celeriac mixture over each. Makes 4 servings.

CELERIAC WITH BLUE CHEESE SAUCE

- 1 pound celeriac
- 1¼ cups milk
- 2 tablespoons all-purpose flour
- ¼ cup crumbled blue cheese
- ¼ cup chopped walnuts
- 1 tablespoon snipped parsley

Peel celeriac. Cut into julienne strips (should have 5 cups). Place celeriac in steamer basket. Place basket over boiling water. Cover; steam 5 minutes or till crisp-tender. In a saucepan stir milk into flour and dash *salt.* Cook and stir till bubbly. Cook 1 minute more. Stir in cheese till melted. Transfer celeriac to bowl. Spoon sauce over; top with nuts and parsley. Makes 6 to 8 servings.

Photograph: Mike Dieter

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Designs for Kids' Rooms

Today's coordinated wallpapers and fabrics make decorating a kid's room as fun and easy as child's play. Many collections are designed specifically for the young at heart, so you'll find lots of patterns to choose from.

By combining several papers and fabrics with simple decorating ideas, you can create a room that's just right for your youngster. Here are two fun-filled examples to get you started.



Set the mood with pattern and bright color

Wallpaper that sports fanciful stars and rainbows wraps this room *(right)* in dreamlike color and whimsy. A star-studded blue paper is applied like a wainscot, then topped with a matching rainbow border.

The mid-wall treatment keeps the visual interest down low, in line with a child's viewing level. It also helps point up the room's quaint windows.

A coordinating striped fabric continues the cheerful theme set by the wallpaper. At the window, lined fabric panels are trimmed with red braid that repeats the edging of the wallpaper border. The window treatment is held tautly in place with self-gripping nylon tape that's sewn to the back of the fabric panels and stapled to wooden strips around the window frame. Tiny loops of red braid secured by self-adhesive plastic hooks hold back the curtain's crisp handkerchief folds to reveal the panel's white lining.



The striped fabric also is stitched into a tailored bed skirt; extra-long shoestrings laced through corner grommets keep the skirt in place and add a sporty touch to the ensemble.

Opt for flexibility with adaptable motifs

Many patterns of today's wallpapers and fabrics span age brackets, so your decorating scheme can "grow up" right along with your child.

Versatile motifs, like the crisp white-and-green grid used in this nursery *(left)*, are good choices for the newborn, as well as for older children.

Here, the wallpaper's fresh green color is picked up by the room's carpet. A painted chair rail that's made of stock molding also repeats the accent color and finishes the edge of the wallpaper.

Coordinating fabric stitched into a softly folded Roman shade continues the grid pattern across the window. Careful measuring ensured that, when the shade was hung, the grids of the fabric would match the wallpaper.

As the toddler grows up, the room scheme easily can be changed to meet new needs. By simply replacing the nursery furniture with a regular bed and dresser, the room is ready to become a youngster's haven.

Photograph, top: George J. Ceolla
Design: Karol Brookhouser
Photograph, bottom: Scott Little
Design: Barbara Post Field editor: Maxine Schweiker

"My Maytag Washer's dependability is the reason I also got a Maytag Dishwasher," says Mrs. Hartman.

"12 workhorse years... but that washer has only had 2 repairs."



"I think the best salesman you have for a Maytag Dishwasher is a Maytag Washer," says Mrs. Mary Kay Hartman, Wadsworth, Ohio.

"Mine has been so excellent through the years, that when we decided to get a dishwasher in 1976, Maytag was the logical



choice. My children load our Maytag Dishwasher in a very hurried, haphazard way, but it still cleans my dishes," states Mrs. Hartman.

"I bought my Maytag Washer a little over 12 years ago, shortly after we were married," she continues. "With a young active family, it has gotten a real workout. It has done thousands of loads in its time, but we have spent amazingly little for repairs."

Mrs. Hartman adds that she also enjoys her Maytag Dryer. "I especially like the Electronic Control. I don't have to guess or keep checking and resetting the dryer. I know when it stops, the clothes will be dry," she concludes.



Laura, 12; Michele, 11; Ann, 5; Mary Kay and Donald Hartman; Matthew, 8.

Naturally, we don't say all Maytags will match that record. But long life with few repairs is what we try to build into every Maytag product. See our washers, dryers, dishwashers, and disposers.

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CRAFTS

"Hands-On" Printing Projects



Crafting handmade items is an activity both parent and child can enjoy. Try these hand-printed fabric-and-ink projects *(above)* for a pleasant way to spend time with your youngster. The results can be unique gifts for teachers, friends, and grandparents–gifts with a personal touch.

Materials (for potholders): Water-soluble textile ink, fabric paint, or acrylic paint; brayer or paintbrush; paint tray or cake pan; white duck fabric; quilt batting; backing fabrics; thread to match backing fabrics.

Directions: Cut an 8-in.-diameter circle from white duck fabric for each potholder. Cut matching size pieces of batting and backing fabric.

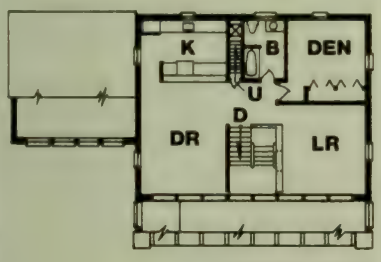
Place ink or paint in the bottom of a paint tray or cake pan. Use a brayer or brush to coat bottom of tray evenly.

Spread ink on child's hand using brayer or brush. Press hand onto white duck fabric centering handprint carefully. Roll palm and fingers to form complete impression. Let ink or paint dry thoroughly and press back of fabric with a warm iron.

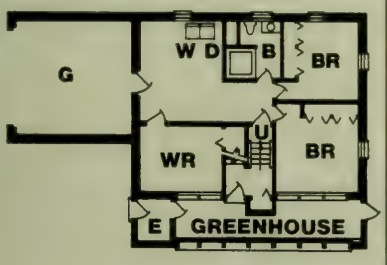
Pin batting between white duck fabric and backing fabric, placing handprint on top. Hand- or machine-quilt around handprint. Sew binding to outside edge of potholder.

Design: Shirley Hewlett
Photograph: Hopkins Associates





UPPER LEVEL



LOWER LEVEL

Photographs: Maris/Semel. Architectural design: John Davies. Builder: Violette Bros. Solar design: Norman B. Saunders, 15 Ellis Gardens, Weston, MA 02193

A No-Furnace Solar House

By David Haupert

It was only a matter of time before someone would put together the right combination of glazing, heat-storage, insulation, and ducting to create a house that's 100 percent solar heated. That person is Norman B. Saunders, an engineer/inventor from Weston, Massachusetts; his house, now owned by Robert Bushey, is quietly working its magic in the town of Shrewsbury, Massachusetts, where the winters are frigid and the summers are steamy.

Continuous comfort

Yes, this 2,450-square-foot house *(above)* really does bathe its inhabitants in 70-degree comfort all winter long, day and night, *without* a furnace, *without* a wood stove or fireplace, *without* any supplemental heat. And, perhaps more amazing, the passive-solar split-level *(see plans)* loses less than one degree Celsius per day during a continuous period of cloudiness, despite the lack of thermal coverings for the windows.

Price: Quite acceptable

A contractor built this house—complete with a whirlpool bath—for $98,000. That's about $40 per square foot, no more than the cost of most conventionally heated homes.

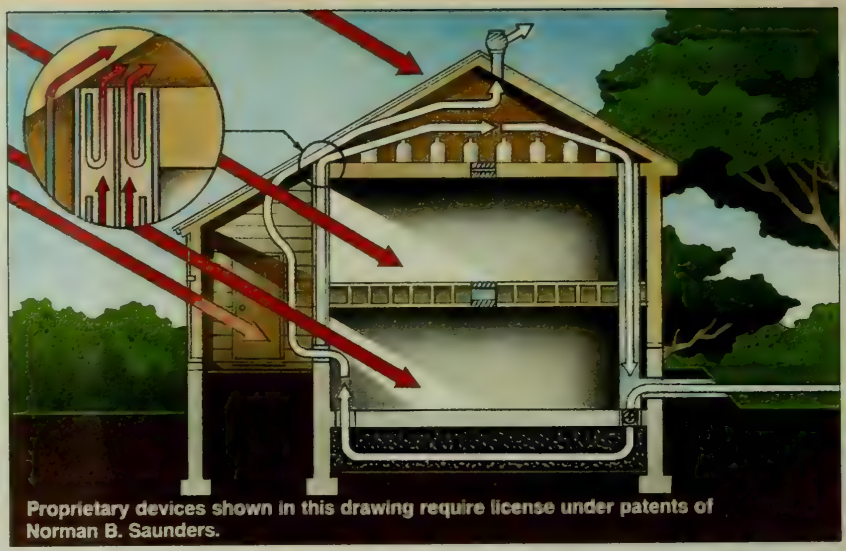
Utility costs: Almost nil

As for utility bills, there's no competition. You'll be hard-pressed to find any house anywhere that's heated and cooled for $45 a *year.* That's right—$45 a year for the electricity to run one fan full time.

The secret to these startling figures is in a carefully balanced system, as you'll see on the following pages.

To order Book No. 02300 describing the house in detail, see page 111.

A No-Furnace Solar House



Proprietary devices shown in this drawing require license under patents of Norman B. Saunders.



Though a number of solar and energy-saving techniques have proved successful, Saunders chose new strategies to make this house work.

Winter heating cycle

His basic idea is to blanket the top and bottom of the entire house with heat so that warmth radiates downward from the attic and upward from the basement *(see drawing)*. Actually, there's no conventional basement, but rather a two-foot-deep layer of two-inch rocks—100 tons of them—under the lower floor. A fan warms the rocks by pulling heat from the attic through a 2x2-foot duct along the north wall of the house. (After the rocks absorb much of the heat, the air eventually migrates through a vent into the greenhouse.)

Most of the heat generated in the house collects in the attic from two sources: the south-facing attic roof and the section of glass between the greenhouse and upper living spaces. Saunders gave the roof glazing a big efficiency boost by adding, just below the glass, reflective louvers angled to welcome the sun in the winter and reject it in the summer.

His equally clever design for the glass wall at the back of the greenhouse consists of a sheet of plastic sandwiched between two layers of glass. This vertical collector is open to the attic at its top so that attic air can drop down inside the collector close to the outer layers of glass, then curl around and head upward again, heated by the warmer plastic layer.

Much of the heat that gathers in the attic is absorbed by row upon row of glass bottles holding a total of nine tons of water. Special framing ($200 worth) supports the extra weight. To get additional mileage out of the heat, Saunders also installed in the attic a long, exposed run of copper pipe in which water is preheated for the domestic hot water supply.

Other sources of household heat are the solar gain that enters both levels of living space through the south glass (see upper-level living area, *above*) and the intrinsic warmth originating internally from lights, appliances, and people. Superinsulated (R-30) walls help corral the heat.

Surprisingly, the greenhouse *(opposite)* isn't used to supply heat to the house; rather this two-story, south-facing room serves as a plant-growing area (its temperature seldom drops below 35 degrees) and as a protective buffer for the house proper. Air that enters the 7x37-foot greenhouse from the rock-storage area eventually vents to the outdoors through a turbine near the roof peak.

Fresh air enters through attic louvers, absorbs heat, then flows into the living spaces before returning to the attic for a trip through the duct system to the rocks, greenhouse, and, ultimately, the atmosphere.

Summer cooling cycle

This naturally air-conditioned wonder (it has no conventional AC unit) maintains an average daytime temperature of roughly 75 degrees, even during the most oppressive heat waves. When the dog days roll around, the reflective aluminum louvers under the roof glazing reject most of the sun and substantially reduce heat buildup in the attic. Meanwhile, a two-foot-diameter underground tube introduces outside air into the rock-storage area to neutralize accumulated heat.

Two exterior doors and two vents near the top of the greenhouse help keep its summertime temperatures manageable.





Furniture from Kits



BY CAROLANN SHINDELAR



Everything in this room that's wood was built from a kit—even the dulcimer on the love seat—and so were the lovely period pieces on the next page. Kit projects like these are fun and rewarding, and if you're an avid do-it-yourselfer, there are enough types to furnish your entire home. Here are just a few of the myriad pieces available.

LOOM Give your creative urges a new outlet with this versatile folding floor loom kit. The maple frame, which is available in 22- and 36-inch weaving widths, is pre-drilled and numbered for quick assembly. *The 36-inch loom kit: $399.95. From Woodcraft Supply Corp.*

STEAMER TRUNK This handsome trunk features three-ply construction: an oak veneer exterior, plywood center, and cedar veneer interior. The trim is solid oak. *Kit: $199. From Craftsman's Corner, Inc.*

NESTING TABLES AND AUDIO CENTER These functional, easy-to-assemble pieces are cut from western pine. The tables are 16 and 21 inches high; the audio unit is 36 inches high and has adjustable shelves. *Table kits: Approximately $49 and $34. Audio center kit: Approximately $109. From American Forest Products Company.*

DULCIMER All the parts of this teardrop dulcimer are shaped from Eastern cherrywood, and the nut and saddle pieces are pre-notched for correct stringing. The kit includes four strings and geared tuners. *Kit: $83. From Woodcraft Supply Corp.*

DUCK DECOYS Several companies offer a variety of duck decoys. Molded polymer kits, like those on the nesting tables, include paints and brushes. *Mallard kit: $19.95. From Craftsman's Corner, Inc.* Solid-pine decoy kits, like the one on the rug, also are available. *Mallard kit: $23.95. Paint kit: $20. From Woodcraft Supply Corp.*

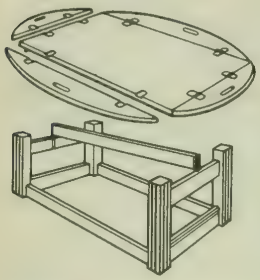
REGULATOR CLOCK This office long-drop clock measures 38¼ inches high and is available in oak (shown) and walnut. In addition to the case, the kit includes the glass, bezel (rim for the glass), and hardware. *Kit: $137. Dial: $8. Movement: $74.80. From Mason & Sullivan.*

ROCKING HORSE This oak rocking horse, with its hand-carved head and leather ears and bridle, would make a lovely family heirloom. The kit also is available in cherry. *Kit: $275. From The Bartley Collection, Ltd.*

SHAKER TRESTLE TABLE Authentic Shaker styling on this trestle table includes chamfered legs with arched shoes. Since the kit has only six parts, assembly is simple. *Kit: Approximately $249. From Cohasset Colonials.*

BOW-BACK ARMCHAIR The inspiration for this chair kit is an American favorite, a Windsor design of circa 1740. A side chair style also is available. *Kit: $189. From The Bartley Collection, Ltd.*

Furniture from Kits



QUEEN ANNE LOWBOY Exquisite, hand-carved detailing on the cabriole legs, pad feet, and center drawer embellish this 31-inch-tall lowboy. Mortise and tenon joinery was used in the cabinet, and the drawers are dovetailed. Kit is available in mahogany (shown) and cherry. *Kit: $795. From The Bartley Collection, Ltd.*

QUEEN ANNE SECRETARY AND BOOKCASE TOP With or without the bookcase top, this black walnut secretary is a handsome piece. Side supports for the drop front extend automatically when the tabletop is lowered. Together, the bookcase and secretary stand 76½ inches high. They're also available in cherry. *Secretary and bookcase kits: $649. From Emperor Clock Company.*

QUEEN ANNE SIDE CHAIR Dating to the 1700s, the design of this chair is always in style. The chair back, with its urn-shaped center splat, comes assembled. Kits are available in mahogany (shown) or cherry, and with or without arms. *Kit: $319. From The Bartley Collection, Ltd.*

FERN STAND Actually a candlestand, this 40-inch-tall pedestal makes an ideal plant stand. The top is ten inches in diameter. Available in mahogany (shown) or cherry. *Kit: $125. From The Bartley Collection, Ltd.*

GRANDFATHER CLOCK The traditional Early American look of this grandfather clock is never out of style. Standing 86 inches tall, the clock case comes partly assembled; you finish putting it together and install the movement, pendulum, glass, and any other selected options. Shown in birch with a walnut finish, the clock case also is available in oak. *Case kit and optional base (shown): $349.90. Movement and dial: $399.95. Lyre pendulum: $59.95. From Westwood Clocks 'N Kits.*

BUTTERFLY SIDE TABLE You can use this versatile piece as an end table, or raise the sides for a game surface or serving table. It's 21 inches high and 24 inches wide (with both leaves up). Available in mahogany or cherry (shown). *Kit: $225. From The Bartley Collection, Ltd.*

BUTLER'S TABLE This classic butler's table is so handsome you may never want to use the removable tray top for serving. A Chippendale adaptation, the 15¾-inch-high table is solid pine (shown here with an antique finish) and takes just a few hours to assemble. *Kit: $69.95. From Yield House.*

MANDOLIN Round out your musical ensemble with this richly embellished mandolin. It features a carved spruce top, laminated mahogany sides, and rosewood fingerboard. The tailpiece incorporates a chrome-plated armrest, and the fingerboard sports mother-of-pearl inlaid dots. *Kit: $169.95. From Woodcraft Projects.*

Buying information, page 113. For a list of sources and buymanship information on kit furniture, see page 111.





ALL-AMERICA ROSES 1984

The Olympic Committee and the All-America Rose Selections have a lot in common. The Olympic Committee promotes and recognizes athletic achievement through international competition. The All-America Rose Selections committee monitors and encourages the development of champion roses in test gardens across the country. Both groups award medals to top competitors.

This year three new roses, Intrigue, Impatient, and Olympiad, have received the coveted All-America Selections award. The Olympiad rose also has the distinction of being chosen as the official rose of the 1984 Olympics. The rose is being planted en masse around the city of Los Angeles to be in bloom during this year's summer games. Part of the proceeds from the sale of Olympiad will be donated to the city for youth and environmental programs.

Like a champion Olympian, each of these roses has been voted superior by a panel of judges. All stood out in the 16 categories of competition, including hardiness, flower production, and disease resistance. These great roses will win points in your garden, too.

By Douglas A. Jimerson





Because roses are relatively easy to hybridize, plant breeders can produce quantities of new varieties every year. The All-America Rose Selections was created to help keep the rose market from being overwhelmed with new roses and to ensure that all rose introductions are of top quality. This nonprofit corporation, which has been operating for 44 years, maintains 23 rose test gardens around the country.

Growers worldwide submit their best rose prospects to be grown in these test gardens for a two-year trial period. During that time the test garden directors periodically evaluate each rose's performance and assign a numerical score to every entry. At the end of two years the scores from all test gardens are totaled and the top roses are chosen.

It's been 19 years since a red hybrid tea rose has won the All-America Selections award. That rose, Mister Lincoln, has been the public's favorite—until now. Olympiad *(right)*, one of the 1984 award winners, produces quantities of brilliant crimson red blossoms that don't discolor with age. These hardy plants grow three to five feet tall with an abundance of large, bright green leaves. Olympiad's flowers grow four to five inches in diameter on long, sturdy stems, making them an ideal cut flower.

For color where you need it the most, pot up a few Olympiad roses and set them around your deck, patio, or pool. Olympiad is on the tall side for a hybrid tea rose, so be sure to use pots big enough to accommodate the plant's larger root system. Also keep container-grown roses well watered. Here *(above left)*, Olympiad thrives in clay pots placed around the base of a wisteria-covered shade structure.

Because Olympiad produces quantities of flowers all summer long, it's a good choice for street-side *(above right)* plantings too. Mix one or two plants with other flowers or fill the entire bed with Olympiad. Either way the rose's pure red blooms are a knockout.

How to order, page 111.

OTHER AWARD WINNERS

Two other roses have won 1984 All-America Rose Selections awards. Both roses are floribundas.

Intrigue *(below)* is a vigorous, heavy-blooming rose with plum-colored fragrant flowers. Each flower measures about three inches





in diameter; blooms usually appear in clusters of three or more. The plant is mildew resistant and hardy in most parts of the country.

Another winner, Impatient *(above)*, is a sure favorite for any rose garden. Every plant produces masses of three-inch, slightly fragrant, orange-red blooms throughout the summer. The flowers are held high above the foliage on strong, straight stems and the plant's leaves are dark green and attractive. Like Intrigue, Impatient is relatively disease resistant and is hardy in most parts of the country.

Photographs: (far left and above) Jordan Miller; (others) George de Gennaro. Landscape and furniture design, (far left) Christine Rosini. Field editor: Pauline Graves





Big Style *for Basic* Bungalows

By Denise L. Caringer

Bungalow. The very word connotes warmth and coziness. Add to that the homey appeal of old-fashioned windows, wood floors, arched doorways, and brick fireplaces, and you can see why bungalows from the 1920s to the 1940s are being rediscovered by a new generation of home buyers.

Of course, the best way to appreciate the livability of these affordable homes is with a firsthand look.

Whether you're in the market for a reasonably priced house or seeking help in updating a bungalow you already own, come along as we tour two handsome, idea-filled examples.

From the street, this bungalow *(right)* looks like many of its 800- to 900-square-foot cousins located throughout the country.

Inside, refinished oak-plank floors, crisp white-painted walls, and minimal furnishings create a sleekly elegant look *(left)*.

Easy face-lifting techniques carry out the contemporary mood: paint and drywall update the old fireplace, white shutters meld the awkward windows into the walls, and a cutout in one wall turns the resurfaced attic stairway into a decorative element.

For a punch of sophisticated color, there's a bright-red sofa and a budget-priced poster dramatized with a strip of track light.

As important as the fresh look is the home's improved livability. Typical of such bungalows, the front door opens directly into the living room, creating a potential room-arrangement problem. (See plan, *right.*)

The solution? Instead of placing a sofa against the longest wall just inside the door, group small-scale seating pieces by the fireplace to create an intimate sitting spot. Then add an area rug and a well-placed chair or sofa to funnel traffic around the grouping.





Another concession to modern times: the original bookshelves flanking the fireplace were rebuilt to house today's stereo equipment.

Buying information, page 113.

Photographs: Hopkins Associates
Design: James Dwinell, AIA
Field editor: Maxine Schweiker

Sleek Elegance

Since every precious inch counts in a bungalow, make use of any leftover space, like this one *(right)* behind the seating area shown on the previous page. It's an ideal place for a musical instrument, a desk, or perhaps a bookcase with a built-in drop-lid bar or writing surface.

Just beyond the harpsichord, no-nonsense furnishings and a spare, architectural background give the modest-size dining room an open, contemporary feeling *(opposite)*. Continuing the same wall and floor treatments throughout a small house like this creates a space-expanding look as does the new sliding glass door.

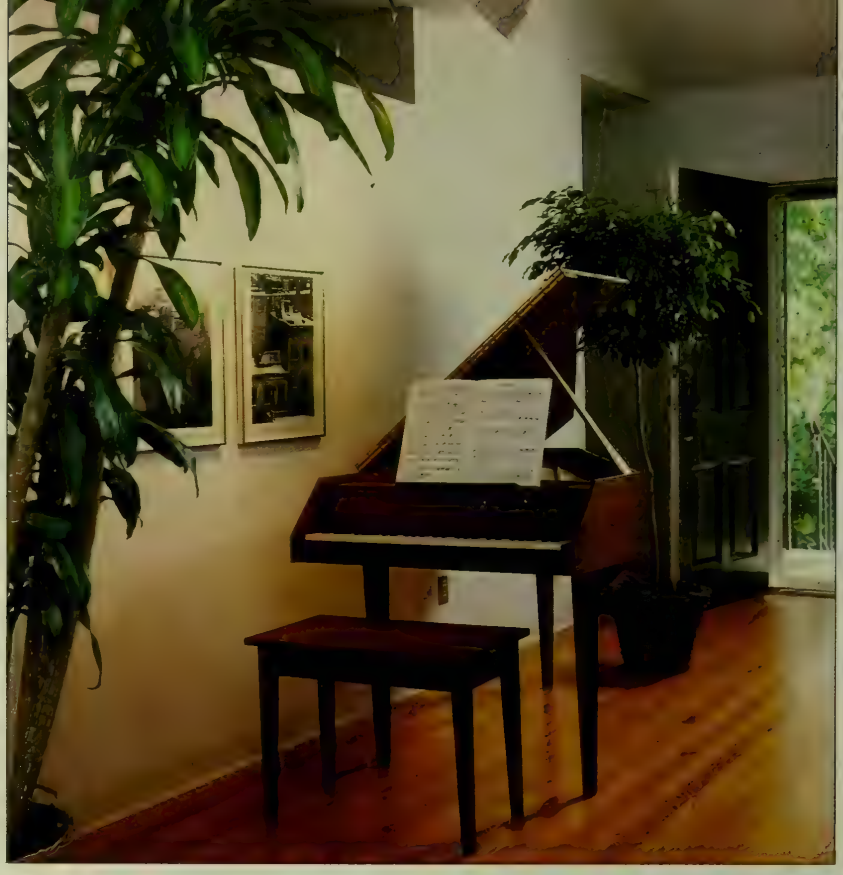
In addition to their modern appeal, the table and chairs offer another small-space plus: their open-pedestal design keeps them from blocking incoming light and the backyard view. The walnut floor clock (designed and handmade by the homeowner) adds a touch of vintage charm to the setting and echoes the wood tones of the nearby harpsichord.

If you already live in a bungalow, you know that storage space is at a premium. A redesigned wall separating the two bedrooms and bathroom from the rest of the house offers about 20 feet of continuous storage *(right)*. Customized closets hold everything from clothing to books and luggage.

Besides offering a wealth of storage, the redesigned wall helps open up the small house; a cutout in the top of it lets the once-dark sleeping areas borrow space and light from the adjacent living area.

Buying information, page 113.

Photographs: Hopkins Associates
Design: James Dwinell, AIA







Traditional Charm



Because of their age, bungalows offer the bonus of neighborhoods with mature trees and "grown-in" landscaping. An old-style picket fence *(left)* adds even more charm.

The difference between this interior *(above)* and the previous one proves that bungalows lend themselves to virtually any decorating style. Just remember to keep size and scale in mind when selecting furnishings. Here, a small camelback sofa, an Oriental rug, and a classic armchair create an air of venerable tradition. Lightly





scaled Breuer chairs and a contemporary poster provide smart style contrast.

To keep things airy, the walls, slim window blinds, and fireplace are white; accessories add a sprinkling of color.

Like most bungalows, this one relies on furniture placement to separate the sitting spot from the front door. (See plan, *left).* A table and two chairs set off the conversation area, turning their backs on the resulting traffic lane behind them. (Other divider options include a ceiling-hung mini-blind, a bookcase, a desk, or a sofa table.)

The arrangement guides traffic around the seating group to the dining room *(above),* where a gray-and-white scheme emphasizes the arched doorway and small-pane windows. For a touch of formal elegance, there's a chandelier and chairs of 18th-century design to match the living room armchair.

Buying information, page 113.

Illustration: Carson Ode
Photographs: Maris/Semel
Field editor: Ruth Reiter
Design: Pineapple House, John Lundgren Interiors

Gala Glassware

By Nancy Lindemeyer
and Ann Levine

When beautiful pieces of glassware grace your table, even casual parties become gala events. Crystal-clear goblets, decanters, vases, and bowls create an elegant mood and give atmosphere to anything from a New Year's Day feast to a romantic dinner for two. These classic pieces in etched, banded, and cut designs are always in style and add a sparkling touch to your collection of tableware.







Mix and match glassware as you build your collections *(top right);* pieces are compatible even though patterns are different. *Left to right: "Boda Spiral" candlesticks by Kosta Boda; "Chivalry" vase by Libbey; "Cascade" globe vase bowl by Lenox; "Chateau" brandy and liqueur glasses by Kosta Boda; "Jasmine Frosted" champagne glass and "Rose" wineglass by Villeroy and Boch; "Chippendale" bowl by Oneida; and crystal elephant (in bowl of ice) by Kosta Boda.*

A stately water pitcher shows the grace and beauty of fine cut crystal workmanship *(center right). Left to right: "Cherrywood" pitcher by Gorham and "Anemone" wineglass by Villeroy and Boch.*

Decanters like these are just right for casual or formal home entertaining *(bottom right). Left to right: "Cherrywood" decanter by Gorham; "Pippi" decanter by Kosta Boda; "Chivalry" and "Cambridge" decanters by Libbey.*

Etched stemware glasses complement fine china and linens *(opposite top). Left to right: "Bouquet" crystal bowl by Lenox; "Adagio" tulip champagne glass by Noritake; "Anemone" wineglass by Villeroy and Boch; "Virtue" iced tea and sherbet glasses by Noritake; and "Sea Crest" silver-plated tray by Oneida.*

Special-occasion glassware is a stylish way to serve your guests *(opposite bottom). Left to right: "Theme Gold" (or silver) banded wine, continental champagne, champagne/sherbet, and water glasses by Gorham.* **Buying information, page 113.**

Photographs: Thomas Hooper





"Learning about and improving your family's eating habits should be an ongoing process." —*Dottie Hagan*





(Right) Old favorites ***Raisin-Apple Cake*** *(front)* and ***Hot Fruit Compote*** *(back)* use less sweetener than in the past, yet still satisfy the family's taste for dessert. *(Opposite)* ***Seasoned Torsk*** *(front)* gains everybody's acceptance because it's a mild-tasting fish topped with a favorite cheese. ***Fruited Rice Pilaf*** *(back right)* is a fiber-rich meal accompaniment. When an entrée such as ***Slimming Beef Burgundy*** *(left)* highlights dinner, a lean meat cut and modest portions are the house rule. ***Dottie's Wheat Bread*** *(back)* is tasty served with low-sugar ***Rhubarb Spread*** *(center)*. In the summer, the Hagans make ***Bread and Butter Pickles*** *(back)*; an extra rinse removes excess salt from the pickles.

Photographs: Mike Dieter

Recipes begin on page 91.
Buying information, page 113.

Putting More Nutrition In Family Meals

BY JOY TAYLOR

More and more families have changed their eating habits because they're convinced that well-being starts with good nutrition. The surprise for many of them is that altering what and how they eat is relatively easy—wholesome meals rely on nutrient-packed ingredients and nutrient-preserving cooking methods. Recently, we visited four families who changed their cooking for better health. Let their wellness strategies and newfound recipes (each nutritionally analyzed) guide your family to more healthful eating, too.



I'd like my children to be just as fired-up about health as I am," confides Don Hagan, an orthodontist in Des Moines, Iowa. Nine years ago, when he was overweight and inactive, that aspiring thought would have been foreign to Don. However, a doctor's advice to lose weight and a family history of vascular disease jolted him to count calories and jog.

Don's 30-pound weight loss and commitment to physical fitness changed his family's nutritional awareness. Dottie, his wife, was already attuned to wholesome eating, but "with Don's enthusiasm, we made a concentrated effort to supply our family with good food," she explains.

Today, the Hagans' revitalized diet emphasizes whole grains and made-from-scratch meals. To reduce fat intake, fish and poultry are the mainstays of their menus. But convincing the meat-loving children, Christy, Cindy, Doug, and Jeff, of the value of this action isn't always easy. Don admits, "If I had my way, I'd push for a more drastic change, but this might turn off the children."

The Hagans' approach to cooking is relaxed and encourages the family to try new foods. Here and there in recipes, they reduce or eliminate some ingredients to cut calories, sodium, or fat. "For instance, we spray pans with a nonstick coating rather than greasing them," says Dottie. "And in entrées we replace salt with spices. The little changes we make in our cooking every day add up to a big improvement overall."

Exercise is an integral part of the Hagans' lifestyle. Don and Dottie take a vigorous walk every day, and the entire family bikes. Don leads the troupe in distance; he bicycles across Iowa every summer.

"We have the best of both worlds—really good-for-you health foods that taste wonderful, too!" —*Donna Gahwiler*





(Right) Vegetable juice, turnip, celery, and potato give a vitamin lift to the Gahwilers' ***Veal Stew*** *(left).* ***Oven-Fried Chicken*** *(right) gets its crispness from whole wheat flour and sesame seed.* ***Falafel Patties*** *(center) are based on protein-rich beans.*
(Opposite) For holidays, the Gahwilers enjoy honey-sweetened ***Carob Fudge*** *and* ***Whole Grain Pecan Cookies*** *(front). Birthday celebrations include* ***Good-for-You Carrot Cupcakes*** *(back) enriched with tofu. Year round, the Gahwilers' refrigerator houses* ***Mock Sangria*** *(far back), plus the makings (cottage cheese, milk and fruit) for* ***Thick and Creamy Milkshakes*** *(center). For a yogurt-capped, cheesy concoction, try* ***Ricotta Sundae*** *(right).*

Photographs: Hedrich-Blessing

Recipes begin on page 91.
Buying information, page 113.

A few years ago, Donna and Carl Gahwiler of Zionsville, Indiana, began to read countless nutrition books and consult with their pediatrician about children's diets. After recognizing that their meals included too many processed foods, salt, and sweets, Donna and Carl became convinced that a change was needed for everyone's well-being. They restocked the kitchen with whole grains, legumes, tofu, dried fruits, nuts, and fresh produce, then embarked on a whole new way of cooking. "We experimented constantly to create satisfying meals and healthful versions of 'no-no' foods. With time, we've learned new cooking habits that would now be difficult to break," reflects Donna.

The Gahwilers' meals are more nutritious than ever and, best of all, they're pleasing, too. The Gahwilers never use salt but do use small amounts of soy sauce, lemon juice, herbs, and cheese as seasonings. Fried foods are avoided; instead, most foods are steamed, broiled, or roasted. Desserts are less sweet and usually feature fruits.

Breaking poor nutrition habits was especially hard for the children, Christy, Carla, Lisa, and Paul. But Donna's education in child development helped her introduce foods to replace the ones the kids seemed to like. "Children eat almost anything if you present the new food in the right way," explains Donna. Now favorite family snacks include natural cheese, nuts, popcorn, and vegetable sticks.

Donna was so successful with her four children that she volunteers at schools to teach students about food. "Nutrition education at home or in the classroom must be fun; it shouldn't be a lecture," she stresses.



"Providing nutritious, good-tasting meals for your family is a labor of love. It says: 'I want you to be healthy and to enjoy life.' " —*Judith Curland*





Tofu, mixed with other protein-rich foods such as grains, nuts, and milk products, enables the Curland and Corsetti families to reduce their meat consumption. The Curlands use tofu as a meat stretcher (opposite) in entrées like ***Chicken and Tofu Stir-Fry*** *(front left) and* ***Beef-Tofu Loaf*** *(left).* ***Kasha with Vegetables*** *(back left) is a quick whole grain alternative to potatoes or rice. (Right)* ***Italian-Style Tripe*** *served atop* ***Polenta*** *and accompanied by* ***Our-Kids-Love-It Eggplant*** *(on platter) makes a nourishing meal that reflects Sandra's ethnic heritage. The Corsettis plan for up to four meatless dinners a week. Family specialties like* ***Cheesy Beans and Brown Rice*** *(in bowl) offer high-quality protein and are low cost.*

Field editor: Estelle Bond Guralnick
Photographs: Hedrich-Blessing

Recipes begin on page 91.
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Neighbors Judith and Nathan Curland and Sandra and Bill Corsetti share the same food philosophy as well as nutritious recipes, pots of stew, and garden surpluses. After they met five years ago, both families developed an interest in food and health. The Corsettis' resolution to raise children with good eating habits and lower Bill's high blood pressure motivated them to learn more about healthful cooking. At that same time, the Curlands' concern was to create recipes that satisfied both Judith's vegetarian preference and steak-and-salad-loving Nathan. "The more we shared our beliefs, the more encouraged each family was to explore new nutritional avenues," reflects Judith.

Knowing the source of their food is important for the Curland and Corsetti families. Both wives buy fruits, vegetables, dairy products, whole grains, honey, and tea from the food co-op where they work. During the summer, a garden in each yard provides produce. "Typically, dinner for us consists of two or three vegetables and a small serving of protein-rich food," explains Sandra.

Both families confirm that their time and energy aimed at good eating are well spent. The Curlands boast that their 3-year-old daughter, Rebecca, requests oatmeal for breakfast and tofu sandwiches for lunch; 10-year-old Christopher Corsetti's favorite after-school snack is tossed salad! The Corsettis note that nutritious foods have resulted in noticeable health benefits. "During the past two winters," Sandra reports, "neither of my sons has had a cold or flu, and Bill's blood pressure has gone down. Hopefully, there are long-term benefits of nutritious eating as well."



Sandra and Judith recommend that changes in cooking and eating take place gradually. "Purchase one new food on each shopping trip then experiment with it. Don't be discouraged if it takes a little more work to prepare a food close to its natural state. For instance, you need to soak and cook dry beans rather than reheating a can's contents, but the outcome is worth the effort," explains Judith.

(Above) Vegetable soups frequent the Curland and Corsetti dinner menus. Miso (fermented soybean paste), an Oriental flavoring, shows up in side-dish servings of the Curlands' ***Miso Soup*** *(right). The Corsettis are proud of the fact that their* ***Minestrone Soup*** *(left) offers plenty of room for experimentation; almost any vegetable can be added to it.*

Recipes begin on page 91.
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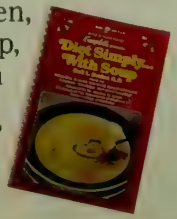
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begins on page 82

Nutritious recipes

Note: To obtain the nutrition analysis of each recipe, the following guidelines were used:

- When ingredient options appear in a recipe, the analysis was calculated using the first ingredient choice.
- "Optional" ingredients were omitted in the analyses.
- The nutrition analyses for recipes calling for fresh ingredients were calculated using measurements for raw fruits, vegetables, and meats.
- If a recipe gives two serving sizes (such as "Makes 6 to 8 servings"), the nutrition analysis was calculated using the first choice.

Note: Microwave recipes were tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times are approximate since microwave ovens vary by manufacturer.

The Hagans

RAISIN-APPLE CAKE

Serve this as an after-school snack—

2 cups unbleached flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
½ teaspoon salt
¼ teaspoon ground nutmeg
2 eggs
½ cup honey
½ cup butter *or* margarine
¼ cup sugar
2 teaspoons vanilla
4 cups chopped *or* coarsely grated peeled apples
1 cup raisins
1 cup chopped walnuts

Stir together the flour, baking soda, cinnamon, salt, and nutmeg. In a mixer bowl beat together the eggs, honey, butter or margarine, sugar, and vanilla. Stir the dry ingredients into the egg mixture. Stir in the chopped or grated apple and the raisins. Spread the mixture in an ungreased 13x9x2-inch baking pan. Sprinkle the nuts atop. Bake in a 350° oven for 35 to 40 minutes. Cool in pan on wire rack. Cut into bars. Makes 12 servings.

Per serving: 339 calories, 5 g protein, 49 g carbohydrate, 15 g fat, and 380 mg sodium.

HOT FRUIT COMPOTE

During the warm-weather months, substitute fresh pineapple and peaches for the canned variety—

3 tablespoons butter *or* margarine
¼ cup packed brown sugar
1 tablespoon cornstarch
1 cup dry white wine
1 20-ounce can pineapple chunks (juice pack), drained
1 16-ounce can peach halves (juice pack), drained
2 large pears, cored and sliced
1 cup halved and seeded red *and/or* green grapes

In a saucepan melt the butter or margarine. Stir in the sugar and cornstarch. Add the wine. Cook and stir over medium heat till mixture is thickened and bubbly. Arrange the pineapple, peaches, pears, and grapes in a 2-quart casserole. Pour the hot sauce over fruit. Bake, covered, in a 350° oven about 40 minutes or till heated through. Serve compote warm. Makes 6 to 8 servings.

Per serving: 241 calories, 1 g protein, 42 g carbohydrate, 6 g fat, and 79 mg sodium.

Microwave directions: In a 4-cup glass measure micro-cook the butter or margarine, uncovered, on 100% power (HIGH) for 30 to 40 seconds or till melted. Stir in the sugar and cornstarch. Stir in wine. Cook, uncovered, for 3 to 4 minutes or till thickened and bubbly, stirring every minute. Combine fruit in a 2-quart casserole. Pour sauce over fruit. Cook, covered, for 6 to 7 minutes or till heated through, stirring once. Serve warm.

SEASONED TORSK

The Hagan children prefer this entrée when the poached fish is flaked then topped with the seasonings and cheese before baking—

1 pound fresh *or* frozen torsk *or* cod fillets
1 bay leaf
1 tablespoon lemon juice
• • •
2 tablespoons dry white wine
2 teaspoons lemon juice
1 tablespoon snipped parsley
Dash garlic powder
Dash salt
Dash pepper
2 tablespoons grated Parmesan cheese
Lemon slices (optional)

Thaw fish, if frozen. Cut into four portions. In skillet bring 1 inch of *water* to boiling. Add the bay leaf and the 1 tablespoon lemon juice. Add fish; simmer, covered, 10 minutes or till fish is nearly done and flakes when tested with a fork. Transfer to a 10x6x2-inch baking dish; leave fish whole or flake.

Pour the wine and 2 teaspoons lemon juice over all. Sprinkle fish with the snipped parsley, garlic powder, salt, and pepper. Sprinkle Parmesan cheese over fish. Bake in a 350° oven for 5 to 10 minutes or till the cheese is light brown. Transfer fish to a serving platter. Serve fish with lemon slices. Makes 4 servings.

Per serving: 180 calories, 27 g protein, 1 g carbohydrate, 6 g fat, and 156 mg sodium.

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the liquid is absorbed. Stir in the honey, chopped apples, and celery. Cover and cook for 10 to 15 minutes more or till all liquid is absorbed and rice and apples are tender. Serve warm. Garnish with celery leaves and apple slices. Makes 8 servings.

Per serving: 133 calories, 2 g protein, 27 g carbohydrate, 2 g fat, and 168 mg sodium.

SLIMMING BEEF BURGUNDY

This rendition of the popular wine-based stew reduces the calories in each serving by about 75 calories. To control the calorie count, use a lean meat, a minimum of oil, and allow only ½ cup cooked noodles per serving—

- **2 pounds boneless beef chuck steak, cut into ¾-inch cubes**
- **2 tablespoons cooking oil**
- **1 cup water**
- **½ cup chopped onion**
- **3 tablespoons all-purpose flour**
- **1 10½-ounce can condensed beef broth**
- **16 whole fresh mushrooms**
- **¾ cup dry red wine**
- **2 tablespoons tomato paste**
- **1 teaspoon Kitchen Bouquet (optional)**
- **1 bay leaf**
- **⅛ teaspoon pepper**
- **16 frozen *or* canned small whole onions**
- **4 cups hot cooked noodles**
- **Sliced green onion (optional)**

In Dutch oven brown the meat, half at a time, in hot oil. Drain off fat. Set meat aside. Add the water and the chopped onion to Dutch oven. Bring to boiling. Boil, uncovered, for 8

continued

Nutritious recipes

Microwave directions: Combine 1 cup *water*, the bay leaf, and 1 tablespoon lemon juice in a 12x7½x2-inch baking dish. Arrange the fish fillets in dish, turning under any thin ends. Micro-cook fish, covered with vented plastic wrap, on 100% power (HIGH) for 3 to 4 minutes or till fillets flake easily when tested with a fork. Remove fish with slotted spatula; discard cooking liquid. Return fish to baking dish. Pour the wine and 2 teaspoons lemon juice over all. Sprinkle with the garlic powder, snipped parsley, salt, and pepper. Sprinkle with the Parmesan cheese. Cook, uncovered, for 1 minute more.

FRUITED RICE PILAF

Total cooking time for the rice should be 40 to 50 minutes. Your volume should be about 4½ cups—

- **½ cup apple juice**
- **1 cup brown rice**
- **1 tablespoon butter *or* margarine**
- **1 tablespoon honey**
- **2 medium apples, coarsely chopped**
- **¾ cup sliced celery**
- **Celery leaves (optional)**
- **Apple slices (optional)**

Combine the apple juice and enough *water* to equal the amount of liquid called for on rice package directions. In medium saucepan bring liquid to boiling. Stir in rice, butter or margarine, and ½ teaspoon *salt*. Reduce heat. Cover tightly and cook over low heat for 30 to 35 minutes or till most of



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utes at high speed. Stir in soy grits and the remaining whole wheat flour. Using a spoon, stir in as much of the unbleached flour as you can. Turn out onto a lightly floured surface. Knead in enough of the remaining unbleached flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into a ball. Place in lightly greased bowl; turn once to grease surface. Cover; let rise in warm place till double (about 1 hour).

Punch down; divide dough in half. Cover; let rest 10 minutes. Shape dough into two loaves; place in two greased 8x4x2-inch or 9x5x3-inch loaf pans. Cover; let rise in warm place till nearly double (30 minutes). Bake in a 375° oven for 35 to 40 minutes, covering with foil the last 10 minutes of baking to prevent overbrowning. Remove from pans; cool on wire racks. Makes 2 loaves; 18 slices per loaf.

Per slice: 103 calories, 4 g protein, 17 g carbohydrate, 2 g fat, 127 mg sodium.

RHUBARB SPREAD

The Hagan family enjoys this thick sauce as a topping for pancakes and waffles as well as a spread for bread—

¼ cup water
2 to 3 tablespoons sugar
1 tablespoon cornstarch
1½ pounds fresh *or* frozen rhubarb, cut into 1-inch pieces (about 4 cups)
2 to 3 tablespoons honey

In saucepan stir together the water, sugar, and cornstarch. Add the rhubarb and honey. Bring to boiling, stirring constantly; reduce heat. Cover and simmer 5 to 10 minutes or till rhubarb is tender and mixture is thickened, stirring occasionally. Makes about 2½ cups.

continued

to 10 minutes or till water evaporates. Blend flour into the beef broth; stir into the Dutch oven along with the mushrooms, wine, tomato paste, Kitchen Bouquet, bay leaf, and pepper. Return meat to Dutch oven. Bring to boiling, stirring occasionally. Bake, covered, in a 350° oven for 1 to 1¼ hours or till meat is almost tender. Add the whole onions; bake 30 minutes more or till meat and vegetables are tender. Remove bay leaf. Toss noodles with green onion. Serve meat over noodles. Makes 8 servings.

Per serving: 498 calories, 28 g protein, 31 g carbohydrate, 27 g fat, and 334 mg sodium.

DOTTIE'S WHEAT BREAD

You'll need less unbleached flour if soy grits are added. Gluten flour has a high proportion of gluten (the protein that gives bread its structure) and gives baked bread a superior texture—

2¼ cups warm water (110° to 115°)
¼ cup honey
2 packages active dry yeast
3 cups whole wheat flour
¾ cup nonfat dry milk powder
½ cup gluten flour
½ cup wheat germ
1 tablespoon brown sugar
2 teaspoons salt
⅓ cup cooking oil
½ cup soy grits (optional)
1½ to 2½ cups unbleached flour

Stir together the warm water, *1 tablespoon* of the honey, and the yeast; set aside. In a large mixer bowl stir together *2 cups* of the whole wheat flour, the milk powder, gluten flour, wheat germ, brown sugar, and salt. Add yeast mixture, remaining honey, and oil. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 min-

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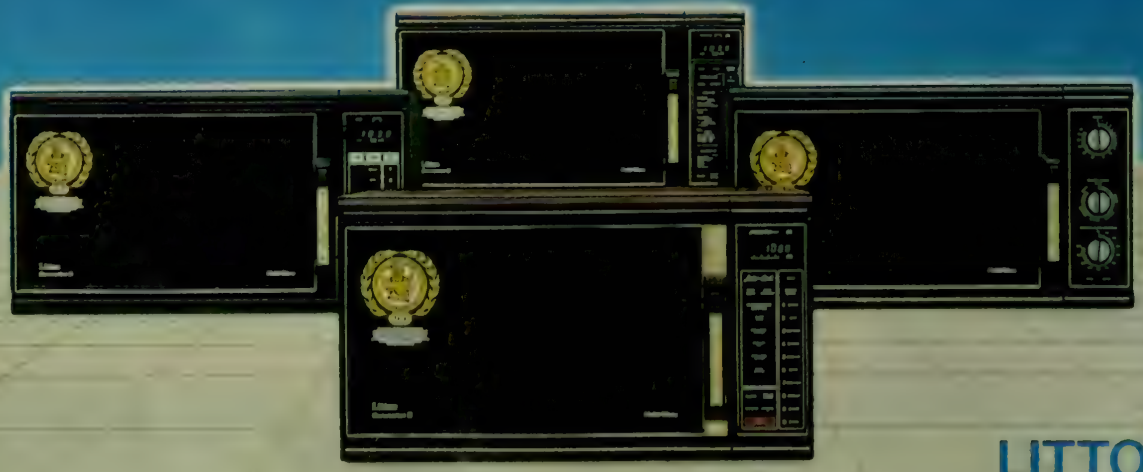
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"In one test among several, we tested foods with low, medium and high moisture content to see how each reacted before we awarded our Seal-of-Approval to Litton Generation II microwave ovens."
Baron Galand, President
American Culinary Federation

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LITTON

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continued

Nutritious recipes

Per tablespoon: 10 calories, 0.1 g protein, 2 g carbohydrate, 0 g fat, and 0.4 mg sodium.

BREAD AND BUTTER PICKLES

Serve these pickles year round just as the Hagans do—

1 gallon medium-sized cucumbers (5 pounds)
6 to 12 large onions (about 3¼ pounds)
2 large green peppers, chopped (1½ cups)
½ cup pickling salt
5 cups sugar
4 cups vinegar
2 tablespoons mustard seed
1½ teaspoons ground turmeric *or* allspice
1½ teaspoons celery seed
½ teaspoon ground clove

Thinly slice the cucumbers and onions. In a large bowl combine cucumbers, onions, green peppers, and salt; mix well. Cover and chill mixture for 3 hours. Drain vegetables. Rinse well in cold water; drain well.

In a large kettle or a Dutch oven combine the sugar, vinegar, mustard seed, turmeric or allspice, celery seed, and clove. Bring to boiling. Add vegetables; return to boiling. Pack vegetables and liquid in hot, clean jars, leaving a ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath 5 minutes for pints or half-pints (start timing when water boils). Makes 10 pints.

Per serving (¼ pint): 123 calories, 1 g protein, 32 g carbohydrate, 0.1 g fat, 711 mg sodium.

Note: Nutritional analysis was determined by assuming that *half* of the salt is rinsed off the chilled vegetable mixture before processing.

The Gahwilers

VEAL STEW

If using beef stew meat, simmer the beef with the juice-lentil mixture for 30 minutes before adding the vegetables—

¾ pound veal *or* beef stew meat, cut into ¾-inch cubes
1 large onion, chopped (1 cup)
1 clove garlic, minced
1 tablespoon cooking oil
2 12-ounce cans vegetable juice cocktail
¼ cup dry lentils
1 bay leaf
2 teaspoons lemon juice
½ teaspoon dried basil, crushed
1 large stalk celery, sliced
1 parsnip, sliced
1 cup sliced fresh mushrooms
1 cup coarsely chopped cabbage
2 small potatoes, cut into 1-inch chunks

In a Dutch oven or a large saucepan cook the meat, onion, and garlic in hot oil till meat is brown. Drain off fat. Add the vegetable juice cocktail, lentils, bay leaf, lemon juice, and basil. Bring to boiling. Add the celery, parsnip, mushrooms, cabbage, and potatoes. Reduce heat. Cover and simmer over low heat for 50 to 60 minutes or till the vegetables are tender. Remove the bay leaf from the stew before serving. Makes 6 servings.

Per serving: 219 calories, 16 g protein, 21 g carbohydrate, 8 g fat, and 302 mg sodium.

OVEN-FRIED CHICKEN

Chicken thighs oven-fry just as deliciously as the chicken breasts and legs—

continued

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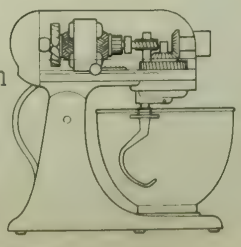
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continued

Nutritious recipes

- 2 whole large chicken breasts, skinned, boned, and halved lengthwise
- 6 chicken legs
- Milk
- ⅓ cup Seasoned Coating Mix (see recipe below)
- 2 tablespoons butter *or* margarine, melted

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- Carrot and turnip curls (optional)
- Carrot tops (optional)

Place each chicken breast half between two pieces of clear plastic wrap. Using flat side of a meat mallet, lightly pound each piece to ¼-inch thickness. Remove plastic wrap. Roll up chicken breasts, jelly-roll style; secure with wooden picks. If desired, remove skin from chicken legs. Brush chicken with milk, then toss with the Seasoned Coating Mix, coating well. Place chicken in a shallow baking pan. Drizzle melted butter or margarine over chicken. Bake in a 375° oven 45 minutes or till tender. (Do not turn chicken while baking.) Remove wooden picks from chicken breasts. Transfer chicken to serving platter. Garnish chicken with carrot and turnip curls and carrot tops. Makes 6 servings.

Per serving: 244 calories, 32 g protein, 4 g carbohydrate, 11 g fat, and 48 mg sodium.

Microwave directions: Coat chicken with coating mix as directed above. Place chicken breast halves and legs in an ungreased 12x7½x2-inch baking dish; drizzle with melted butter or margarine. Micro-cook, covered, at 50% power (MEDIUM) for 15 to 18 minutes or till chicken is tender, rotating dish a quarter-turn every 5 minutes.

SEASONED COATING MIX

Brewers' yeast is rich in iron, thiamine, and niacin—

- 1 cup sesame seed, toasted
- 2 cups whole wheat flour
- ¼ cup toasted wheat germ
- 1 tablespoon brewers' yeast (optional)
- 2 tablespoons paprika
- 1 tablespoon ground sage
- 1 tablespoon onion powder
- 1 tablespoon poultry seasoning
- ½ teaspoon garlic powder

Place sesame seed in blender container. Cover and blend till coarsely ground. In a small bowl stir together the sesame seed and the remaining ingredients. Use for Oven-Fried Chicken. Store, tightly covered, in the refrigerator. Makes about 3 cups.

Per tablespoon: 37 calories, 1 g protein, 4 g carbohydrate, 2 g fat, and 2 mg sodium.



FALAFEL PATTIES

Purchase tahini, a paste made from sesame seed, at a specialty food shop—

- 1 egg
- 3 tablespoons snipped parsley
- 2 tablespoons olive *or* cooking oil
- 1 tablespoon brewers' yeast (optional)
- 1 tablespoon soy sauce
- 1 tablespoon water
- 2 to 4 cloves garlic, minced
- 1 teaspoon lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- ¼ teaspoon ground celery seed
- 2 cups cooked garbanzo beans
- ¾ cup wheat germ
- ¼ cup tahini (sesame paste)
- 2 tablespoons cooking oil
- Lettuce leaves (optional)
- Alfalfa sprouts (optional)
- Pita bread rounds, halved (optional)
- Plain yogurt
- Chopped green onion
- Chopped tomato *or* tomato wedges

In a blender container or a food processor bowl combine the egg, parsley, continued



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WITH CREAMETTES® & CARNATION® EVAPORATED MILK.

SUNSHINE HAM AND MAC

1 (7 ounce) package Creamettes Elbow Macaroni, 2 cups uncooked
½ cup chopped onion
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
1⅔ cups undiluted Carnation® Evaporated Milk
½ cup water
1½ cups (6 ounces) shredded Cheddar cheese
1 teaspoon prepared mustard
1 cup (4 ounces) cooked ham, cut in julienne strips
¼ cup minced green pepper
2 to 3 drops bottled hot sauce, if desired

Prepare Creamettes Elbow Macaroni according to package directions. Drain. In large saucepan, saute onion in butter until tender. Stir in flour and salt. Gradually add evaporated milk and water. Cook over medium heat, stirring constantly, until mixture just comes to a boil and thickens. Remove from heat; stir in cheese until melted. Add mustard, ham, green pepper, hot sauce, and cooked Creamettes. Heat to serving temperature. To serve, pour into a warmed 1½ quart casserole. Yield: 5½ cups.

Once you've tried this easy recipe with Carnation Evaporated Milk and Creamettes Elbow Macaroni, you'll always want to make it yourself. And make it better than ever!



The Cooking Milk™

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continued

Nutritious recipes

oil, brewers' yeast, soy sauce, water, garlic, lemon juice, cumin, coriander, chili powder, and celery seed. Cover and blend till smooth. Add the beans, wheat germ, and tahini; blend till smooth, stopping and scraping sides of container as necessary. Shape the mixture into six ½-inch-thick patties. In a 12-inch skillet brown the patties in hot oil over medium heat 5 minutes per side or till brown. To serve, arrange patties on a lettuce- and alfalfa-sprout-lined plate or serve in pita rounds. Serve with yogurt, green onion, and tomato. Makes 6 main-dish servings.

Per serving: 287 calories, 11 g protein, 25 g carbohydrate, 17 g fat, and 250 mg sodium.

CAROB FUDGE

¼ cup butter *or* margarine
1⅓ cups nonfat dry milk powder
⅔ cup carob powder
⅓ cup honey
2 teaspoons vanilla
1 cup chopped sunflower nuts

In a small mixer bowl beat together the butter or margarine and milk powder till mixture is crumbly. Add the carob powder, honey, and vanilla; beat till almost smooth. Knead in nuts till fudge is shiny. Shape mixture into two 10-inch-long rolls. Wrap in clear plastic wrap. Chill till firm. To serve, cut into ½-inch-thick slices. Store in refrigerator. Makes 40.

Per serving (1 slice): 51 calories, 2 g protein, 6 g carbohydrate, 3 g fat, 27 mg sodium.

WHOLE GRAIN PECAN COOKIES

1 cup butter *or* margarine, softened
½ cup honey
2 teaspoons vanilla
1¾ cups whole wheat flour
½ cup wheat germ
1½ cups finely chopped pecans

In a mixer bowl beat together the butter or margarine, honey, and vanilla. Beat in the flour and wheat germ. Stir in the nuts. Divide dough into thirds. Roll each portion between two pieces of waxed paper till ⅜ inch thick. Lay dough flat in freezer on baking sheets for 10 minutes. Working with one portion of dough at a time, remove waxed paper. Cut dough into desired shapes with 2-inch cookie cutters. Transfer cutouts to a well-greased cookie sheet. Reroll, freeze, and cut out dough scraps. Repeat with remaining dough. Bake in a 325° oven about 10 minutes or till brown. Cool 1 minute. Remove to wire rack. Makes about 48.

Per cookie: 88 calories, 1 g protein, 7 g carbohydrate, 7 g fat, 47 mg sodium.

GOOD-FOR-YOU CARROT CUPCAKES

- 2 eggs
- 1 cup honey
- ½ cup cooking oil
- 8 ounces fresh bean curd (tofu), drained
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla
- 2 teaspoons lemon juice

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- 2 cups whole wheat flour
- 1 cup finely shredded carrots
- 1 cup chopped walnuts
- 1 recipe Cream Cheese Frosting

In a blender container or a food processor bowl combine the eggs, honey, oil, bean curd, baking soda, cinnamon, vanilla, and lemon juice. Cover and blend till smooth. Pour mixture into a large mixing bowl. Beat in the flour and carrots. Stir in the walnuts. Grease 2½-inch muffin pans or line with paper bake cups; fill ⅔ full. Bake in a 325° oven 20 minutes or till done. Cool thoroughly on a wire rack. Spread with Cream Cheese Frosting. For a decorative icing, use a cake comb to spread frosting. Store cupcakes, covered, in refrigerator. Makes 22.

Cream Cheese Frosting: In a bowl beat together one 8-ounce package *cream cheese,* softened; 2 tablespoons *honey;* and 2 teaspoons *vanilla.*

Per frosted cupcake: 224 calories, 5 g protein, 24 g carbohydrate, 14 g fat, 135 mg sodium.

MOCK SANGRIA

- 1½ cups boiling water
- 1 teaspoon dried mint leaves
- ½ cup honey
- 1 cup orange juice
- 1 cup grape juice
- ¾ cup lemon juice
- 2 cups chilled carbonated water *or* water
- Lemon and orange slices (optional)

Combine boiling water and the mint leaves; let stand 5 minutes. Stir in the honey. Add the orange juice, grape juice, and lemon juice. Cover and chill. To serve, strain the mixture through several thicknesses of cheesecloth; stir in the chilled water. Garnish with fruit slices. Makes 8 (7-ounce) servings.

Per serving: 105 calories, 0.5 g protein, 28 g carbohydrate, 0.1 g fat, 2 mg sodium.

THICK AND CREAMY MILK SHAKES

For extra banana flavor, use four bananas and omit the second fruit—

- 1¼ cups cold milk
- 2 medium bananas, frozen and cut up
- 1 cup fresh *or* frozen chopped peaches, strawberries, *or* blueberries
- ½ cup cream-style cottage cheese
- 4 pitted dates

continued

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continued

Nutritious meals

2 teaspoons honey
5 large ice cubes

In a blender container combine all ingredients. Cover; blend till smooth. Makes 4 (8-ounce) servings.

Per serving: 179 calories, 8 g protein, 31 g carbohydrate, 4 g fat, and 104 mg sodium.

RICOTTA SUNDAE
1 small ripe banana
Lemon juice
¼ cup ricotta cheese
1 teaspoon wheat germ
1 teaspoon miller's bran
Dash ground cinnamon
¼ cup red *or* green grapes, halved and seeded
3 tablespoons plain *or* fruit yogurt (strawberry, raspberry, *or* cherry)
1 tablespoon chopped pecans
1 whole strawberry, halved (optional)
1 small bunch red grapes (optional)

Peel and cut banana in half lengthwise; brush with lemon juice. Place in banana-split dish or small, shallow dessert dish. In a bowl combine the ricotta cheese, wheat germ, bran, and cinnamon; stir in the halved grapes. Using an ice-cream scoop, form mixture into one scoop. Place ricotta mixture in the center of the banana strips. Drizzle desired yogurt over all; sprinkle pecans atop. Garnish with a halved strawberry and grapes. Divide for two servings.

Per serving: 153 calories, 6 g protein, 21 g carbohydrate, 6 g fat, and 53 mg sodium.

The Curlands and Corsettis

CHICKEN AND TOFU STIR-FRY
1 pound fresh bean curd (tofu), cut into ¾-inch cubes
2 tablespoons soy sauce
1 tablespoon dry sherry
1 tablespoon cornstarch
1 whole large chicken breast, skinned, boned, and cut into bite-size strips
3 tablespoons cooking oil
8 ounces broccoli, cut into bite-size pieces (about 3 cups)
1 medium onion, cut into wedges
1 cup fresh bean sprouts
2 cloves garlic, halved
2 tablespoons oyster *or* soy sauce
Hot cooked brown rice (optional)

Marinate the bean curd in the soy sauce for 10 minutes. Drain well, reserving soy sauce. Combine reserved soy sauce, the sherry, and cornstarch. Marinate the chicken in soy mixture for 15 minutes.

Heat *1 tablespoon* oil in a wok or a large skillet. Stir-fry bean curd for 1 to 2 minutes or till light brown; remove from wok with slotted spoon. Add another tablespoon oil to wok. Stir-fry the broccoli 3 minutes. Add the onion to wok; stir-fry 2 minutes more. Add the bean sprouts; stir-fry 1 minute more. Remove vegetables from wok. Add another tablespoon oil to wok, if needed. Add garlic to wok; stir-fry 1 minute. Discard garlic. Add the chicken and marinade to wok. Cook for 2 to 3 minutes. Add the oyster sauce, vegetables, and bean curd; heat through. Serve with hot cooked brown rice. Makes 6 servings.

Per serving: 220 calories, 21 g protein, 9 g carbohydrate, 12 g fat, and 893 mg sodium.

BEEF-TOFU LOAF
1 egg
2 tablespoons water
¼ cup rolled oats
¼ cup soft whole wheat bread crumbs
3 tablespoons snipped parsley

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- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pound ground beef
- 8 ounces fresh bean curd (tofu) mashed
- 1 medium onion, finely chopped
- ¾ cup shredded carrots
- ¼ cup shredded turnip
- ¼ cup shredded zucchini
- 2 tablespoons water

In a bowl stir together the egg, the first 2 tablespoons water, the oats, bread crumbs, parsley, oregano, salt, and pepper. Add the ground beef, bean curd, and onion; mix well. Spoon *half* of the mixture into the bottom of a 9x5x3-inch or 8x4x2-inch loaf pan. Place *half* of the carrots and all of the turnip and zucchini down the center of the meat to within ½ inch of edges. Spoon remaining meat mixture over all, lightly pressing meat layers together. Bake in a 350° oven for 1 to 1¼ hours. Meanwhile, place reserved carrots in a small saucepan with the remaining 2 tablespoons water. Cover and cook over medium-high heat for 3 to 5 minutes or till crisp-tender; drain. Drain off fat from meat loaf. Transfer loaf to serving platter; top with carrots. Garnish with cherry tomatoes and Italian parsley sprigs, if desired. Serves 6 to 8.

Per serving: 275 calories, 19 g protein, 7 g carbohydrate, 19 g fat, and 258 mg sodium.

KASHA WITH VEGETABLES

- 4 large carrots, cut into matchstick-size strips
- 1 large onion, thinly sliced and separated into rings
- 1 tablespoon cooking oil
- ¾ cup buckwheat groats (kasha) *or* 1 cup bulgur wheat
- 1 beaten egg
- 2 cups hot water
- 1 vegetable bouillon cube
- ½ teaspoon salt
- 1 tablespoon butter *or* margarine

In a 10-inch skillet cook the carrots and onion in hot oil 10 minutes or till crisp-tender. Remove from skillet; set aside. Drain any liquid from skillet. In same skillet stir together the buckwheat groats and the egg. Stir over medium heat for 4 minutes or till kernels are separate and dry. Add the hot water, bouillon cube, and salt. Simmer, covered, over low heat for 10 to 15 minutes or till the grain is tender, stirring once. Stir in cooked vegetables and butter or margarine; heat through. Makes 6 to 8 servings.

Per serving: 175 calories, 5 g protein, 27 g carbohydrate, 6 g fat, and 398 mg sodium.

ITALIAN-STYLE TRIPE

- 2 pounds beef tripe
- 1 stalk celery, cut into 1-inch pieces
- 1 onion, quartered
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tablespoons cooking oil
- 1 28-ounce can tomato puree
- 1 stalk celery, sliced
- 1 tablespoon snipped parsley
- 1 teaspoon dried basil, crushed
- ½ teaspoon dried oregano, crushed
- ¼ teaspoon bottled hot pepper sauce
- 1 recipe Polenta
- Cooked green beans (optional)
- ½ cup grated Parmesan cheese

Rinse the tripe in warm water twice, then in cold water. Put tripe in a Dutch oven; cover with cold water. Add the first celery stalk and quartered onion. Bring to boiling; reduce heat. Simmer, covered, 1 hour or till tripe is very tender. Drain, rinse, and cool. Discard the celery and onion. Remove excess fat from the tripe. Cut the tripe into bite-size strips.

In a Dutch oven cook the chopped onion and garlic in hot oil till tender. Add tripe. Cook and stir over medium heat 8 minutes. Add the tomato puree,

continued



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continued

Nutritious recipes

the sliced celery, parsley, basil, oregano, hot pepper sauce, ¼ teaspoon *salt*, and ¼ teaspoon *pepper*. Cover; simmer 30 minutes or till vegetables are tender. Serve with Polenta and beans. Sprinkle 1 tablespoon cheese atop each serving. Makes 8 servings.

Polenta: In a large saucepan bring 4½ cups *water* to boiling. Stir together 1½ cups *yellow cornmeal*, 1½ cups *cold water*, and 1 teaspoon *salt*; add to water. Reduce heat. Simmer 20 minutes, stirring frequently. Serve immediately.

Per serving: 393 calories, 42 g protein, 29 g carbohydrate, 12 g fat, and 912 mg sodium.

OUR-KIDS-LOVE-IT EGGPLANT

The Corsetti youngsters like the crispness of the broiled eggplant—

Cooking oil
2 beaten eggs
2 teaspoons olive *or* cooking oil
1 medium eggplant, peeled and sliced ¼ inch thick
1⅓ cups Cheese- and Herb-Seasoned Crumbs (see recipe below)
Shredded mozzarella *or* Monterey Jack cheese (optional)

Brush unheated broiler pan with oil. Beat together eggs and 2 teaspoons oil. Dip eggplant in egg mixture; coat with Cheese- and Herb-Seasoned Crumbs. Place on greased pan. Broil 4 inches from heat 2 minutes or till golden. Turn; broil 1 to 2 minutes more. Sprinkle cheese atop. Broil 1 minute more or till cheese melts. Serves 8.

Per serving: 89 calories, 4 g protein, 8 g carbohydrate, 5 g fat, and 145 mg sodium.

CHEESE- AND HERB-SEASONED CRUMBS

5 slices dry whole wheat bread
⅓ cup grated Romano *or* Parmesan cheese
1 teaspoon dried oregano, crushed
1 teaspoon dried basil, crushed
1 teaspoon dried thyme, crushed
1 teaspoon dried marjoram, crushed
1 teaspoon dried parsley flakes
½ teaspoon dried rosemary, crushed
½ teaspoon dried savory, crushed
½ teaspoon salt
½ teaspoon celery seed
½ teaspoon fennel seed
½ teaspoon paprika
½ teaspoon ground sage
¼ teaspoon garlic powder

Place 2½ slices bread in a blender container. Cover and blend to fine

continued

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continued

Nutritious recipes

crumbs. Remove crumbs. Repeat with remaining bread. Stir together all of the bread crumbs and the remaining ingredients. Store seasoned crumbs, covered, in the refrigerator. Makes 2½ cups.

Per tablespoon: 12 calories, 1 g protein, 2 g carbohydrate, 0.3 g fat, 52 mg sodium.

CHEESY BEANS AND BROWN RICE

1½ cups brown rice
1½ cups water

• • •

1 large onion, chopped
1 medium carrot, chopped
1 stalk celery, chopped
⅓ cup snipped parsley
1 tablespoon dried basil, crushed
½ teaspoon dried oregano, crushed
1 clove garlic, minced
3 tablespoons olive *or* cooking oil
¾ cup cooked *or* canned kidney beans
1 large tomato, chopped
½ cup shredded Monterey Jack *or* grated Parmesan cheese
2 tablespoons butter *or* margarine

To cook brown rice: In a heatproof bowl combine the brown rice and the water. Place bowl, uncovered, on rack in a large Dutch oven. Add 2 to 3 inches *water* to Dutch oven. Bring water in Dutch oven to boiling. Reduce heat. Cover Dutch oven and steam rice for 45 to 60 minutes or till done.

Meanwhile, in a medium saucepan cook the onion, carrot, celery, parsley, basil, oregano, and garlic, covered, in hot oil 8 minutes or till onion is tender. Add the beans, tomato, ¼ teaspoon *salt*, and ⅛ teaspoon *pepper*; heat through. Stir the cheese and butter or margarine into rice; stir in vegetable mixture. Serve immediately. Makes 5 main-dish servings.

Per serving: 415 calories, 10 g protein, 55 g carbohydrate, 17 g fat, and 252 mg sodium.

Note: To cook dry kidney beans, first rinse 1 pound beans with water to remove dirt or residue. In a Dutch oven combine the beans with 6 cups *water*. Let the beans stand, covered, at room temperature for 6 to 8 hours. Do not refrigerate. (Or, bring the beans to boiling. Reduce heat; simmer 2 minutes. Remove from heat. Cover; let beans stand for 1 hour.) Drain and rinse beans. Return beans to Dutch oven. Add 6 cups *water*. Simmer, covered, 1 hour or till tender. Store, covered, in the refrigerator up to five days or store in moisture- and vaporproof containers and freeze up to six months.

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MISO SOUP

1 medium onion, sliced and separated into rings
2 medium carrots, cut into 2-inch strips (1 cup)
1 small turnip, cut into 2-inch strips
2 tablespoons cooking oil
2 vegetable bouillon cubes
1 tablespoon miso
2 cups chopped fresh spinach, watercress, *or* Chinese cabbage

In a 2-quart saucepan cook the onion, carrot, and turnip in hot oil 6 to 8 minutes or till tender but not brown. Drain off fat. Add the 2½ cups *water* and bouillon cubes. Bring to boiling; reduce heat. Cover and simmer 10 minutes. Gradually stir about *½ cup* of the liquid into the miso. Add the miso mixture and spinach to saucepan; heat through for 1 minute. Serve immediately. Makes 4 to 6 side-dish servings.

Per serving: 102 calories, 3 g protein, 8 g carbohydrate, 7 g fat, and 531 mg sodium.

MINESTRONE SOUP

1 large onion, chopped
2 stalks celery, chopped
1 clove garlic, minced
2 tablespoons olive *or* cooking oil
4 tomatoes, finely chopped *or* one 15-ounce can tomatoes, cut up
2 tablespoons snipped parsley
1½ teaspoons dried basil, crushed
½ teaspoon dried oregano, crushed
⅛ teaspoon pepper
1 bay leaf
2½ to 3 cups vegetable *or* beef broth
2 cups desired vegetables (cubed potatoes, sliced green beans, sliced zucchini, chopped broccoli, *and/or* sliced carrots)
½ cup broken thin spaghetti
¾ cup cooked *or* canned kidney beans
Grated Romano *or* Parmesan cheese

In a large Dutch oven cook the onion, celery, and garlic in hot oil till onion is tender. Add the tomatoes, parsley, basil, oregano, pepper, and bay leaf. Add the vegetable broth. Bring to boiling; reduce heat. Cover and simmer 50 minutes. Add the desired vegetables *except* zucchini. Simmer, covered, 15 minutes more or till the vegetables are just tender. Add the spaghetti, zucchini, and cooked beans. Cook 15 minutes more or till the spaghetti is done. Remove bay leaf. Sprinkle 1 tablespoon grated cheese over each serving of soup. Makes 6 to 8 main-dish servings.

Per serving: 201 calories, 10 g protein, 26 g carbohydrate, 7 g fat, 483 mg sodium.



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Frozen Mocha Cheesecake

(Makes 12 to 15 servings)

1¼ cups chocolate wafer cookie crumbs (about 24 cookies)
¼ cup sugar
⅓ cup margarine or butter, melted
1 (8-ounce) package cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
⅔ cup chocolate flavored syrup
2 tablespoons instant coffee
1 teaspoon hot water
1 cup (½ pint) whipping cream, whipped



In small bowl, combine crumbs, sugar and margarine. In buttered 9-inch springform pan or 13x9-inch baking dish, pat crumbs firmly on bottom and up sides of pan. Chill. In large mixer bowl, beat cheese until fluffy; add Eagle Brand and chocolate syrup. In small bowl, dissolve coffee in water; add to Eagle Brand mixture. Mix well. Fold in whipped cream. Pour into prepared pan. Cover. Freeze 6 hours or until firm. Garnish with additional chocolate crumbs if desired. Return leftovers to freezer.

the dessert maker

BORDEN®

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File under Breads

Photographs: Scott Little

Shortcut Yeast Breads

Cobblestone Bread

The pockets of butter in this processor-quick, first-place bread make each slice taste extra rich—

- **1 package active dry yeast**
- **1 cup warm water (110° to 115°)**
- **3 to 3¼ cups all-purpose flour**
- **1 tablespoon sugar**
- **2 tablespoons cooking oil**
- **⅓ cup butter *or* margarine, softened**
- **1 slightly beaten egg**

Soften yeast in warm water; set aside. Place steel blade in work bowl of food processor; add *2 cups* of the flour, the sugar, and 1 teaspoon *salt*. Add *half* of the yeast mixture; process with 4 on/off turns. Add the remaining yeast mixture and oil; process with 4 on/off turns. Add *1 cup* of the remaining flour; process with 4 on/off turns. Turn machine on again and process about 15 seconds or till ball of dough forms. *Do not process more than 60 seconds.* (If dough seems sticky to the touch, add a little of the remaining flour; process with 1 or 2 on/off turns.)

Place ball of dough in lightly greased bowl; turn once to grease surface. Cover; let rise till double (45 to 60 minutes). Punch down. Place dough in food processor bowl again. Add butter or margarine and egg. Process with 3 or 4 on/off turns. Mixture will not be completely blended and will look lumpy. *Do not overmix.* Turn into a greased 9x5x3-inch baking pan. Cover and let rise till nearly double (about 30 minutes). Bake in a 400° oven for 30 to 35 minutes or till done. Remove from pan; cool on wire rack. Makes 1 loaf.

Nancy S. Graham, Hebron, Md.



File under Rice, Pasta, & Cereal

Buying information, page 113.

Pasta and Rice Side Dishes

Green Chili Rice

Chili peppers, cottage cheese, cheddar cheese, and sour cream highlight this winning side dish—

- **1 cup chopped onion**
- **¼ cup butter *or* margarine**
- **3 cups cooked rice**
- **2 cups dairy sour cream**
- **1 cup cream-style cottage cheese**
- **1 bay leaf, crushed**
- **½ teaspoon salt**
- **⅛ teaspoon pepper**
- **3 4-ounce cans whole green chili peppers**
- **1 cup shredded cheddar cheese**
- **Snipped parsley**

In a small saucepan cook onion in butter or margarine till tender but not brown. In a large bowl combine onion, rice, sour cream, cottage cheese, bay leaf, salt, and pepper. Quarter green chili peppers lengthwise; rinse and seed. Chop *half* of the chili peppers. Stir chopped peppers into rice mixture; turn into a 12x7½x2-inch baking dish. Place quartered chili peppers diagonally atop casserole; sprinkle with cheddar cheese. Bake, uncovered, in a 375° oven for 30 minutes. Sprinkle with parsley. Makes 8 to 10 servings.

Doris Hoke, Stone Mountain, Ga.





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Brown Rice Puff

A crusty top hides the tender interior of this elegant dish. You can bake the recipe in an 8x1½-inch round baking dish; add 5 minutes to the baking time—

- **3 beaten egg yolks**
- **½ cup milk**
- **2 tablespoons butter *or* margarine, melted**
- **¼ teaspoon dry mustard**
- **Dash ground red pepper**
- **1 cup cooked brown rice**
- **½ cup shredded cheddar cheese (2 ounces)**
- **½ cup shredded Monterey Jack cheese (2 ounces)**
- **3 egg whites**

In a mixing bowl combine egg yolks, milk, butter or margarine, dry mustard, and red pepper. Stir in rice and cheeses. In a small mixer bowl beat egg whites to stiff peaks (tips stand straight). Fold whites into rice mixture. Turn into four well-greased 8-ounce casseroles. Bake in a 300° oven 30 minutes or till knife inserted 1 inch from center comes out clean. Serves 4.

Linda Bahr, Topeka, Kans.



Marinated Noodles and Cabbage

Oriental noodles add a pleasant crunch to this fresh-tasting side dish. Serve it with a grilled or broiled meat—

- **1 3-ounce package Oriental noodles with chicken flavor**
- **¼ cup cooking oil**
- **3 tablespoons rice vinegar *or* wine vinegar**
- **1 tablespoon sugar**
- **2 cups finely shredded cabbage**
- **1 6¾-ounce can chunk-style chicken, drained**
- **¼ cup sliced green onion**
- **3 tablespoons sesame seed**
- **3 tablespoons sliced almonds, toasted**
- **Green pepper rings**

Break up noodles in noodle mix. In mixing bowl combine oil, vinegar, sugar, ¼ teaspoon *salt*, dash *pepper*, and seasoning packet from noodle mix; stir to dissolve seasonings. Stir in broken noodles, cabbage, chicken, onion, and sesame seed. Cover; chill several hours. Before serving, stir in almonds. Garnish with green pepper. Serves 6 to 8.

Leslie Meixner, Olympia, Wash.



Jam and Cheese Loaf

- **½ cup warm water (110° to 115°)**
- **1 package active dry yeast**
- **2½ cups packaged biscuit mix**
- **1 beaten egg**
- **1 tablespoon sugar**
- **1 8-ounce package cream cheese, softened**
- **½ cup sugar**
- **1 tablespoon lemon juice**
- **¼ cup desired jam *or* preserves**

In a mixing bowl dissolve yeast in water. Stir in biscuit mix, egg, and the 1 tablespoon sugar; mix well. Turn onto surface dusted with additional biscuit mix. Knead gently for 20 strokes. Place dough on center of a greased 15½x12-inch baking sheet. Roll to 14x9 inches. In a mixing bowl combine cream cheese, the ½ cup sugar, and juice; spread mixture lengthwise down center third of rectangle. Make 3-inch-long cuts at 1-inch intervals on both long sides. Fold strips at an angle over filling. Cover; chill overnight. Bake in a 350° oven for 20 minutes. Spoon jam down center of loaf. Bake 5 minutes more. Cool 10 minutes. Makes 1.

Susan J. Adams, Atlanta, Ill.



Quick Tarragon Rolls

- **2½ cups all-purpose flour**
- **1 package active dry yeast**
- **1 tablespoon dried parsley flakes**
- **1 teaspoon dried tarragon, crushed**
- **1 teaspoon celery seed**
- **1 cup warm water (115° to 120°)**
- **2 tablespoons sugar**
- **2 tablespoons cooking oil**
- **½ teaspoon salt**
- **1 egg**

In a large mixer bowl combine *1½ cups* of the flour, the yeast, parsley, tarragon, and celery seed. Stir together the water, sugar, oil, and salt. Add to flour mixture; add egg. Beat at low speed of electric mixer for ½ minute, scraping bowl. Beat 3 minutes at high speed. Using spoon, stir in the remaining flour. Cover; let rise till double (about 30 minutes). Spoon into 12 greased muffin cups, filling each slightly more than half full. Cover; let rise till nearly double (20 to 30 minutes). Bake in a 375° oven for 15 to 18 minutes. Makes 12.

Dr. Arthur L. Plouff, Newburyport, Mass.

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Sweet 'n Sour Chicken.

1 lb. boneless chicken, cut in cubes
2 tbsp. oil
1 garlic clove, minced*
1 cup green pepper strips
1 cup carrot strips
1¼ cups chicken bouillon
¼ cup soy sauce*
2 tbsp. sherry (optional)
3 tbsp. vinegar
3 tbsp. brown sugar
½ tsp. ginger*
1 can (8 oz.) chunk pineapple in juice
1½ cups MINUTE® Rice

*Or use ½ cup teriyaki sauce.

Brown chicken in oil. Add garlic, green pepper and carrots; saute briefly. Add bouillon, soy sauce, sherry, vinegar, sugar, ginger and pineapple with juice. Bring to a full boil. Stir in rice. Cover, remove from heat and let stand 5 minutes. Stir before serving. Makes 4 servings.

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Chicken 'N Green Bean Casserole

- 4½ cups cooked rice (1½ cups uncooked)
- 1 tablespoon Durkee Parsley Flakes
- 1½ cups (about 8 oz.) cubed cooked chicken
- 2 cans (1 lb. each) cut green beans, drained*
- ¾ cup milk
- 1 can (10¾ oz.) condensed cream of mushroom soup
- ⅛ teaspoon Durkee Ground Black Pepper
- 1 can (2.8 oz.) Durkee French Fried Onions

Combine cooked rice and parsley in 8 x 12-inch baking dish. With spoon, press rice up sides and over bottom to form crust. Combine chicken, beans, milk, soup, pepper and ½ can French Fried Onions; spoon into rice crust. Bake, covered, at 350° for 35 to 40 minutes. Top with remaining onions and bake, uncovered, 5 minutes longer. MAKES 6 servings.

*Or use 2 packages (9 oz. each) frozen cut green beans, cooked and drained.

How to Order Material from the Magazine

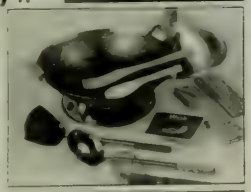
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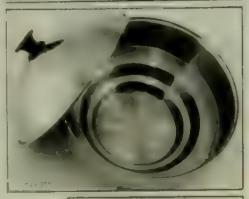
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All-America Roses Three-Pack. Includes Impatient, a vivid orange scarlet; Intrigue, deep, rich plum; and Olympiad, a brilliant crimson, as shown on page 72.

Special Shipping Note:
All roses will be shipped from the grower at the proper time for planting in your area of the country (approximately March 1 through May 1). Product available only until May 1.



14-Piece Wok Set. Perfect for stir-fried vegetables as shown by our editors on page 86. Wok set includes 14" Steel Wok with Wood Handles, Aluminum Cover, Stainless Steel Ring, 4-inch Strainer, Tempura Rack, Steaming Rack, 10 Prs. Chopsticks, Rice Paddle, pkg. of 100 Skewers, 2 Cooking Chopsticks, Stainless Ladle, Stainless Turner, Wooden Spatula, and Chinese Cookbook.



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Super Solar Houses. This 192-page, 8½x11-inch paperback book details many of the unique features of the solar homes designed by Norman B. Saunders. Approximately 75% of the book is devoted to the home built in Shrewsbury, Massachusetts, as shown on pages 65-67. Two other homes with similar features of design are also covered. *Super Solar Houses: Saunders's 100%-Solar, Low-Cost Designs.*

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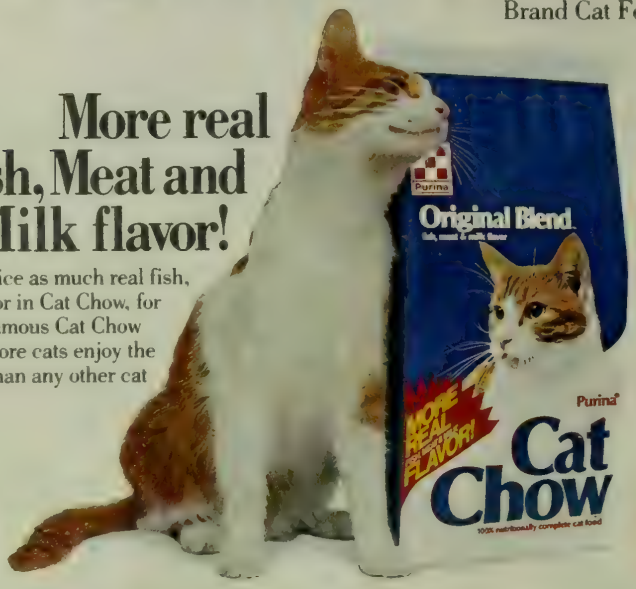
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*Of those veterinarians who make recommendations.

begins on page 68

Furniture from kits

Furniture you can build from a kit is now available in a wide variety of types and styles, and most kits are easy on the budget. Unless you're after heirloom-quality materials and detailing, you can save as much as 50 percent by building your furniture from kits rather than buying it ready-made.

Prices on a given type of kit project, such as a rolltop desk, vary depending on the manufacturer—the least expensive kit may not be the best buy. For example, one desk kit may be solid oak and another may be oak veneer. Read catalog descriptions carefully, and check the company's product guarantees and customer service policy. Most companies encourage you to write or call for help if you're having difficulty putting your kit together.

When the kit arrives, check to see that all the pieces are there. If any are missing, read the catalog or papers that came with the kit to see how the company handles this kind of problem. Plan to assemble your kit shortly after you receive it; if a kit sits too long, the wood may warp. If you have to delay assembly, store the kit in a dry place. Before you begin assembling, read *all instructions* to familiarize yourself with the sequence of assembly and to estimate how much time you'll need for each step. Dry-assemble as much of the kit as you can before gluing anything.

To help you launch your kit-building project, here's a list of the kit manufacturers shown in our story on page 68.

Woodcraft Supply Corp.
41 Atlantic Avenue, Box 4000
Woburn, MA 01888
No charge for catalog

Craftsman's Corner
4012 NE. 14th St., Box AP
Des Moines, IA 50302
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American Forest Products
Consumer Products Sales
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Mason and Sullivan Co.
Dept. 2399
586 Higgins Crowell Road
West Yarmouth, MA 02673
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The Bartley Collection, Ltd.
Dept. BHG474
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Lake Forest, IL 60045
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Cohasset Colonials
253IX Ship Street
Cohasset, MA 02025
Send $1 for catalog

Emperor Clock Company
Dept. BHG
Emperor Industrial Park
Fairhope, AL 36532
No charge for catalog

Westwood Clocks 'N Kits
Dept. 019RI
P.O. Box 2930
Long Beach, CA 90801-2930
Send $1 for catalog

Yield House
Dept. D39A
North Conway, NH 03860
No charge for catalog



NY 10022. Rocker, coffee table—Stendig, Inc., 410 E. 62nd St., New York, NY 10021.
Page 77: Light over table—Prescolite Corp., 1251 Doolittle, San Leandro, CA 94577.

GALA GLASSWARE
Page 80 (top): Left to right: Candlesticks "Boda Spiral"—Kosta Boda USA, Ltd., 4 Sperry Rd., Fairfield, NJ 07006. Vase "Chivalry"—Libbey Glass, Div. of Owens-Illinois, Toledo, OH 43666. Globe vase bowl "Cascade"—Lenox China, Inc., Lawrenceville, NJ 08648. Brandy and liqueur glasses "Chateau"—Kosta Boda USA, Ltd. (address above). Champagne glass "Jasmine Frosted"—Villeroy and Boch, 41 Madison Ave., New York, NY 10010. Wineglass "Rose"—Villeroy and Boch (address above). Bowl "Chippendale"—Oneida Silversmiths, Ltd., Oneida, NY 13421. Crystal elephant—Kosta Boda USA, Ltd. (address above). (Center): Left to right: Pitcher "Cherrywood"—The Gorham Co., Div.of Textron, 225 Fifth Ave., New York, NY 10010. Wineglass "Anemone"—Villeroy and Boch (address above). (Bottom): Left to right: Decanter "Cherrywood"—The Gorham Co. (address above). Decanter "Pippi"—Kosta Boda USA, Ltd. (address above). Decanter "Chivalry"—Libbey Glass (address above). Decanter "Cambridge"—Libbey Glass (address above).
Page 81 (top): Left to right: Crystal bowl "Bouquet"—Lenox China, Inc. (address above). Tulip champagne glass "Adagio"—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010. Wineglass "Anemone"—Villeroy and Boch (address above). Iced tea and sherbet glasses "Virtue"—Noritake Co., Inc. (address above). Silver-plated tray "Sea Crest"—Oneida Silversmiths, Ltd. (address above). (Bottom): Left to right: Wine-continental champagne, champagne/sherbet and water glasses "Theme Gold"—The Gorham Co. (address above).

PUTTING MORE NUTRITION IN FAMILY MEALS
Page 82: Casserole—Marsh Ind., 1224 E. 28th St., Los Angeles, CA 90011. Wicker tray—Table Manners, Inc., 746 S. Los Angeles St., Los Angeles, CA 90014.
Page 83: Platter "Madrigal"—Denby Ltd., Inc., 41 Madison Ave., New York, NY 10010.
Page 85: Glass mug—Colony, 225 Fifth Ave., Room 1000, New York, NY 10010. Pitcher—Ross Havers, 225 Fifth Ave., New York, NY 10010.
Page 87: Oval bowl with blue border—Ginori, 711 Fifth Ave., New York, NY 10022. White oval platter—Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830.
Page 88: Soup tureen—Chantel, 10649 Haddington, Suite 120, Houston, TX 77043.

PRIZE TESTED RECIPES
Page 107 (right): Baking dish and wicker liner—Quon-Quon, 2801 E. 12th St., Los Angeles, CA 90023.
Page 108 (left): Casseroles "Mousse"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. (Left center): Bowl and platter "Snow Princess"—Arita, 2720 E. Regal Park Dr., Anaheim, CA 92806.

SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

FABRIC FOLK ART
Page 37: Wrapping paper—Family Line, Inc., 648 Blackhawk Dr., Westmont, IL 60559. Ribbon—C.M. Offray and Son, Inc., 261 Madison Ave., New York, NY 10016.

PRIZEWINNING REMODELINGS
Page 42: Skylights—Velux-America, Inc., 80 Cummings Park, Woburn, MA 01801. Windows—Andersen Corp., Box 12, Bayport, MN 55003.
Page 43 (bottom): Sliding glass doors—Andersen Corp. (address above). Flooring—Kentile, 58 Second Ave., Brooklyn, NY 11215.
Page 44: All fixtures and fittings—Kohler Co., Kohler, WI 53044.
Page 45: Windows—Weather Shield Mfg. Inc., 531 N. 8th St., P.O. Box 309, Medford, WI 54451. Siding—Masonite Corp., Central Hardboard Div., Laurel, MS 39440.

BLOOMING TROPICAL HOUSEPLANTS
Pages 46-48: All plants available from the following nurseries. Alberts & Merkel Bros., Inc., 2210 S. Federal Highway, Boynton Beach, FL 33435. Van Bourgondien & Sons, Inc., P.O. Box A, 245 Farmingdale Road, Rt. 109, Babylon, NY 11702. Merry Gardens, Camden, ME 04843. George Park Seed Co., Cokesbury Road, Greenwood, SC 29647.

FURNITURE FROM KITS
Page 68: Flooring—Bruce Hardwood Floors, 16803 Dallas Pky., Dallas, TX 75248. Woven pieces and yarn—Macra-Weave Plus, 7120 University, Des Moines, IA 50311.
Page 70: Flooring "Chickasaw"—Memphis Hardwood Flooring Co., P.O. Box 7253, Memphis, TN 38107.

BIG STYLE FOR BASIC BUNGALOWS
Pages 74-75: Sofa, chairs—Knoll International, 655 Madison Ave., New York,

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by Ann Lively

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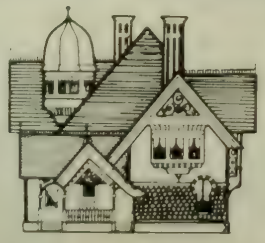
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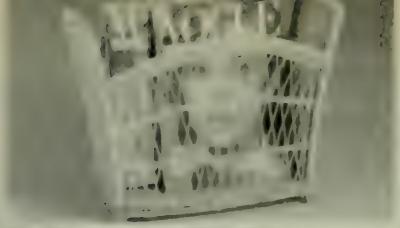
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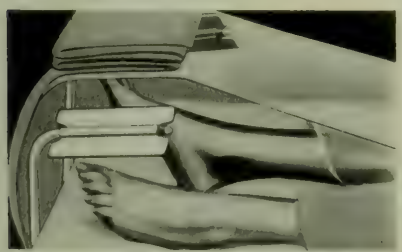
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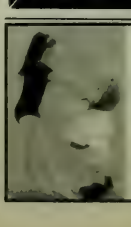
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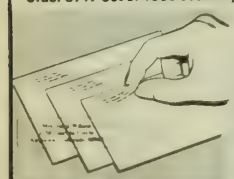
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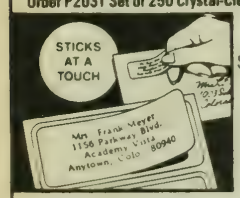
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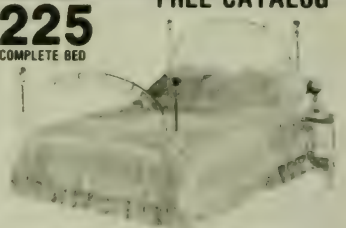
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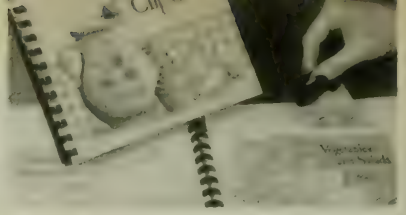
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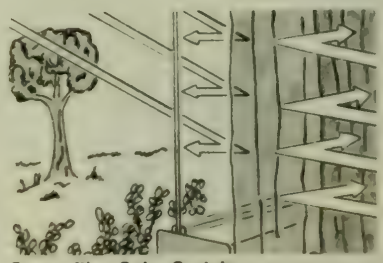
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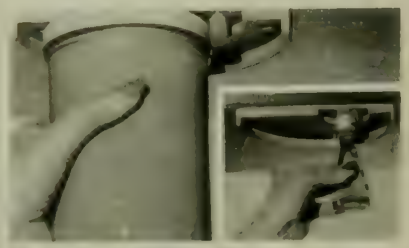
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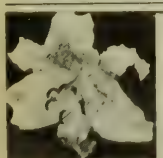
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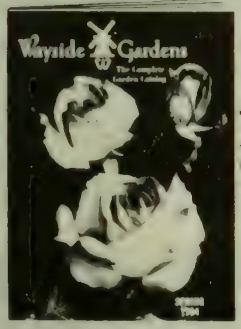
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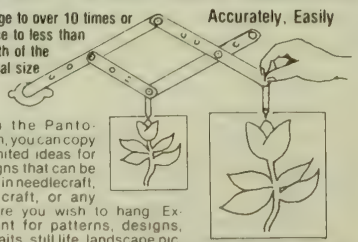


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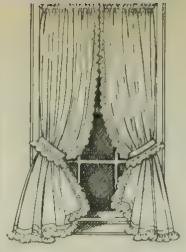
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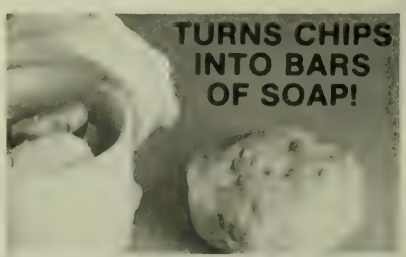
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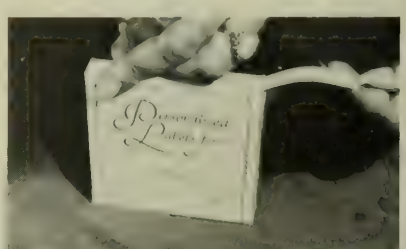




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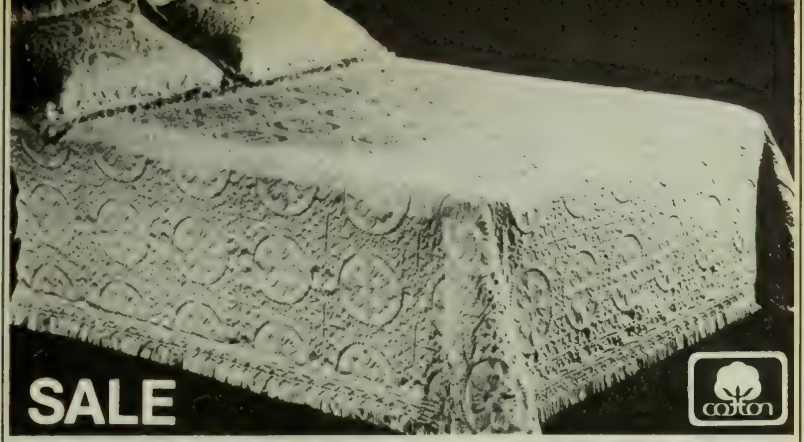
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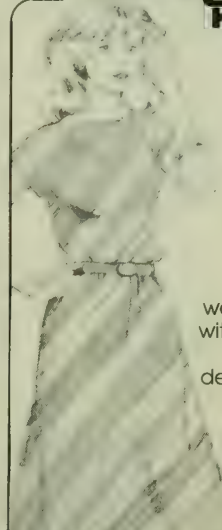
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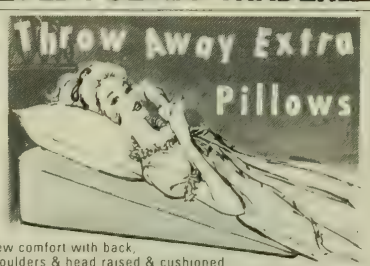
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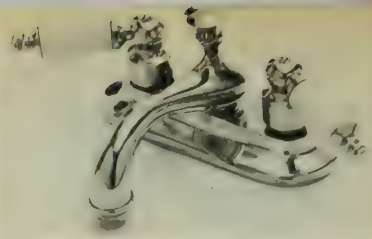
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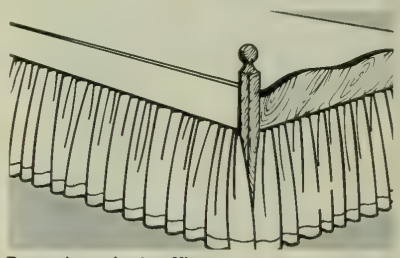
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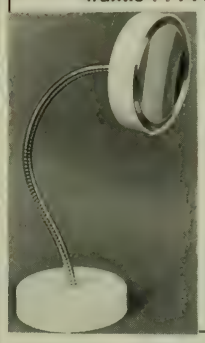


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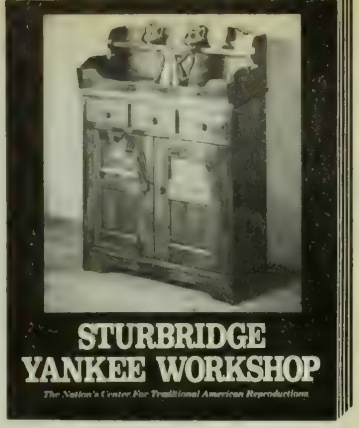
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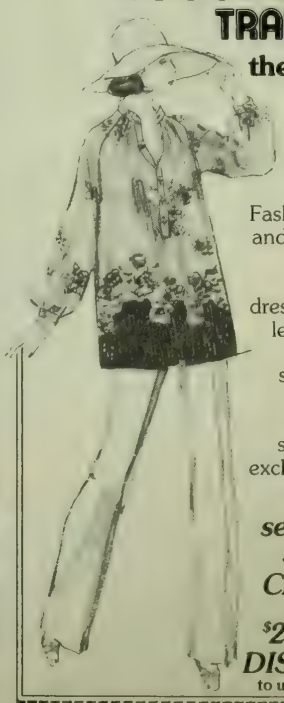
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The Man Next Door®

The distinction between news and gossip, according to Isabel Norman, usually boils down to whether the topic of conversation is a member of your family or someone else's.

Mr. Weeks at the corner store brought smiles to the faces of his regular customers when he posted this sign above his one and only cash register: "Express Lane Here."

I suspect that Burt, Jr., may be headed for a career in government. He reports that completion of his school science project has been delayed because of "unforeseen technical difficulties and significant cost overruns."

Jamie Randall, aged 6, says the new automatic money machine outside the bank is "really nifty, except that it doesn't give free candy the way the tellers inside the bank do."

I like the latest dieting admonition Chris posted on the refrigerator door. It advises us to "Let your contours be your guide."

"Old age," observes my wise Aunt Alice, "is the time in life when your body turns into a walking, talking weather station."

"In our computer age, opportunity doesn't just knock," advises English teacher Faye Winslow. "Instead, it tends to beep, zap, and zonk."



"Vegetarians in Crisis hot line. May I help you?"



"You've certainly got that type A behavior under control, Mr. Wilson."

Lee Bayless and the folks in his department at the office are starting a new pool. The object is to guess the diameter of the biggest pothole in the parking lot come spring.

Our single friend, Elaine Cowan, says she's looking for a new companion this winter—"someone who knows good food, art, literature, and how to use a snowblower and jumper cables."

Dot Dresch has come up with a new invention for compulsive snackers of all ages: cookie jars with childproof caps.

Tom Hawkins gave his first ski trip mixed reviews. It seems the skiing was just so-so at the resort where he stayed, but the bridge-playing back at the lodge was first rate.

Burt, Jr., says those who purport that man is a rational being never really stopped to think about neckties.

"Why is it," asks Ed Golden at the office, "that the coffee machine only goes on the fritz when you've fed it your last quarter?"

We're snowbound. The storm pounced upon our town last evening with furious howls and gusts. By morning the wind had blown itself elsewhere, leaving our lane white-blanketed and hushed. Right now, the scene outside the window of my den is absolutely beautiful.

For Judy and Burt, Jr., the most significant news of the day was, of course, "no school." The radio announcement prompted gleeful telephone calls to classmates to make plans for the unexpected holiday.

For Chris and me, there is some frustration at the thought of work that won't get done at the office and at the library. But I won't deny that there's also a certain irrepressible delight in the mild chaos the storm has brought to our everyday routine.

The snow is letting up now. Soon the city plow will rumble down the street. The Dresches and the Randalls and the Normans will emerge, all bundled and booted, to start the task of digging out the neighborhood. As for me, I think I'll catch up with the kids and find myself a sled before I tackle the driveway. . . .

Burton Hillis

February 1984

Better Homes and Gardens

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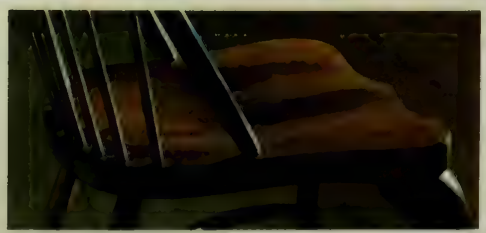
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Person who makes Karo Sweet 'n' Sour Pork gains much affection. And spare time.

Karo Sweet 'n' Sour Pork

- 2 cans (8 oz each) pineapple chunks in own juice
- 2 Tbsp Mazola® Corn Oil
- 1 green pepper, cut in 1" squares
- 1 onion, cut in thin wedges
- 1 clove garlic, minced
- 1 lb boneless pork, cut in thin strips
- 2 Tbsp Argo® or Kingsford's® Corn Starch
- ½ cup KARO® Light or Dark Corn Syrup
- ¼ cup cider vinegar
- 3 Tbsp soy sauce
- 2 Tbsp ketchup

Drain pineapple; reserve juice. In large skillet heat corn oil over medium-high heat. Add next 3 ingredients; stir fry 2 min or until tender-crisp. Remove. Stir fry pork, ½ at a time, 3 min. Return pork to skillet. In bowl stir together pineapple juice and remaining 5 ingredients. Stir into skillet. Add green pepper mixture and pineapple. Stirring constantly, bring to boil over medium heat and boil 1 min. If desired, serve over rice. Serves 4 to 6.

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Here's our best-ever collection of do-it-yourself projects to dress up your home and yard, and delight your family and friends. You'll find furnishings, accessories, toys, needlework treasures, and much more.

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The side dish That steals The meal.



Among side dishes, Rice-A-Roni is the main attraction.

There are flavors to brighten any entree — meat, fish or poultry. All are a welcome change from plain rice or potatoes.

And there's simplicity. Just sauté, stir in the flavor packet, and simmer. You're ready in minutes.

Rice-A-Roni might steal the meal, but you take the bows.

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What's Happening

LEGAL BEAGLES

Congressional and state lawmakers alike are debating legislation to protect pet owners and their pets. The right of the elderly and disabled to keep



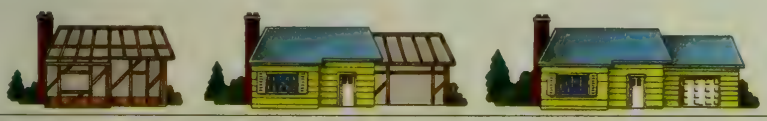
pets in federally and/or state-funded housing is one concern, since pets can be a source of companionship. When we went to press, a measure permitting pets in government-subsidized housing had passed the U.S. House. A similar provision attached to a Senate federal housing bill was awaiting approval. Several states have adopted or are considering laws allowing pets in public housing and nursing homes.

HELP LINE FOR LATCHKEY KIDS

Each school day, millions of youngsters are on their own until Mom or Dad gets home from work. To provide reassurance when it's needed, the American Association of University Women's branch in State College, Pennsylvania, organized PhoneFriend. Their successful after-school help line is being emulated by other groups.

Trained PhoneFriend volunteers offer support to youngsters who call (in confidence) about, say, a minor cut, a neighborhood bully, the death of a pet, or feelings of loneliness at being in an empty house. "We encourage kids to do what their parents would want them to do," says Marilyn Keat of the State College AAUW.

For a flyer telling about the program and how to order a $15 replication packet to help you set up your own program, write to PhoneFriend, Box 735-BH, State College, PA 16801.

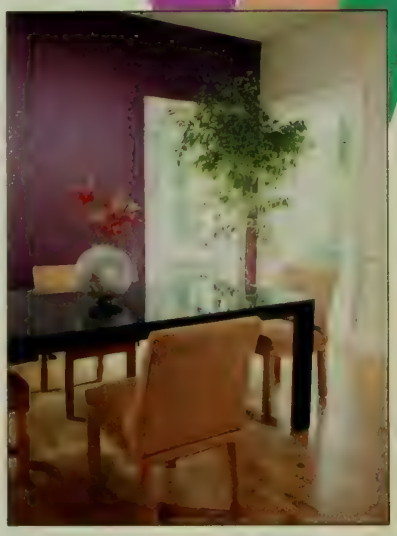


STEP ONE: BUY A HAMMER

Inflated housing costs and the spirit of self reliance have given rise to a new wrinkle in home building: the owner/builder school. Unable to swing the financing for the home of their choice, some determined individuals are swinging hammers instead, at special schools that offer crash courses in residential construction.

Owner/builder schools emphasize practical, hands-on experience; during each course the students join a work crew headed by skilled contractors and tradespeople. Besides teaching them the basics of home construction, some owner/builder schools also help their graduates launch home-building projects of their own by offering a host of consultation services covering such areas as design, financing, site analysis, and cost estimates. Fees for the basic course, which lasts two to three weeks, range from $500 to $600.

For additional information on owner/builder schools, you may wish to contact the largest of them, the Owner/Builder Center, Dept. BH, 1516 5th St., Berkeley, CA 94710. For a free subscription to the Owner/Builder Quarterly, call toll free 1-800/547-5995.



HIGH-ENERGY HUES

Although neutrals and soft, grayed pastels remain popular, stronger, "high-energy" colors are on the rebound. The trend has turned up at the linens markets where a number of manufacturers have shown sheets and towels in more vibrant, intense colors. These colors range from richer pastels and bright primaries to such deep jewel tones as sapphire and amethyst. The Color Marketing Group, which forecasts color trends, says there's a general warming of the color palette. Even traditionally cool colors—greens, purples, and blues—are warming up subtly with an underlying tint of yellow or red.

HAVE VISA, WILL TRAVEL

Visa has begun catering to travelers with a special network of automated teller machines (ATMs) placed at key travel locations worldwide. When completed, this unique travel network will encompass more than 400 cash-dispensing ATMs at airports, rail stations, amusement parks, and recreation areas in 33 countries. Key U.S. locations include O'Hare and

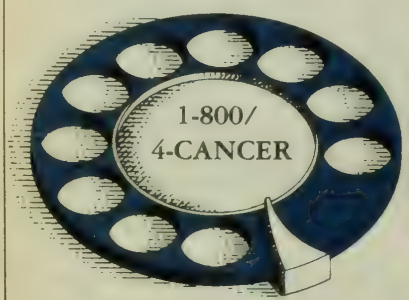
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Kennedy airports, Penn Station, Disney World, and the San Diego Zoo.

To gain access to the machines, you'll need a personal identification number and a Visa card. For more information, check with a local bank that provides Visa services.

CANCER HOTLINE

Can anything be done to reduce cancer risks? An emphatic "Yes!" is the answer of the National Cancer Institute, which is launching a new Cancer Prevention Awareness Program this month. If you want to learn more about cancer prevention, as well



as the diagnosis and treatment of the disease, call the NCI toll free. The Cancer Information Service number is 1-800/4-CANCER. In Alaska, call 1-800/638-6070; Hawaii, 524-1234 (local call); Washington, D.C., 636-5700 (local call); and New York City, 794-7982 (local call).

"LIFE. BE IN IT."

That's the theme of a new national campaign to encourage American families to become more active in order to improve their physical and mental health. The campaign is cosponsored by the National Recreation and Park Association (NRPA) and such corporate leaders as the Prudential Insurance Company of America and the Campbell Soup Company.

You can order two free booklets as part of the "Life. Be in it." campaign. *The Walk Book* is a guide to making the most of walking as a free, pleasurable, and very healthful form of exercise. The booklet includes advice on walking for aerobic fitness and weight loss, as well as a chart to help you set your walking goals.

Also available is *The Inside and Out Fun Book*, a guide to family games, projects, exercises, and outings that cost little or nothing. The *Fun Book* includes such winter blah-busters as playing indoor coffee-can croquet and making a family memory collage, as well as ideas to try outdoors during warm-weather months.

For your copy of either or both booklets, write NRPA, Box 3796-BH, Washington, DC 20007.

NEWS IN A NUTSHELL

If our George and Martha Washington projects on *page 36* uncover in you a passion for things miniature, you'll enjoy the monthly publication for miniatures enthusiasts. For a sample copy, send $3 to *Nutshell News*, Clifton House, Dept. BH, Clifton, VA 22024. A six-month subscription is $14; one year is $26.

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NEXT MONTH IN BH&G



THE PLEASURES OF CROSS-STITCH

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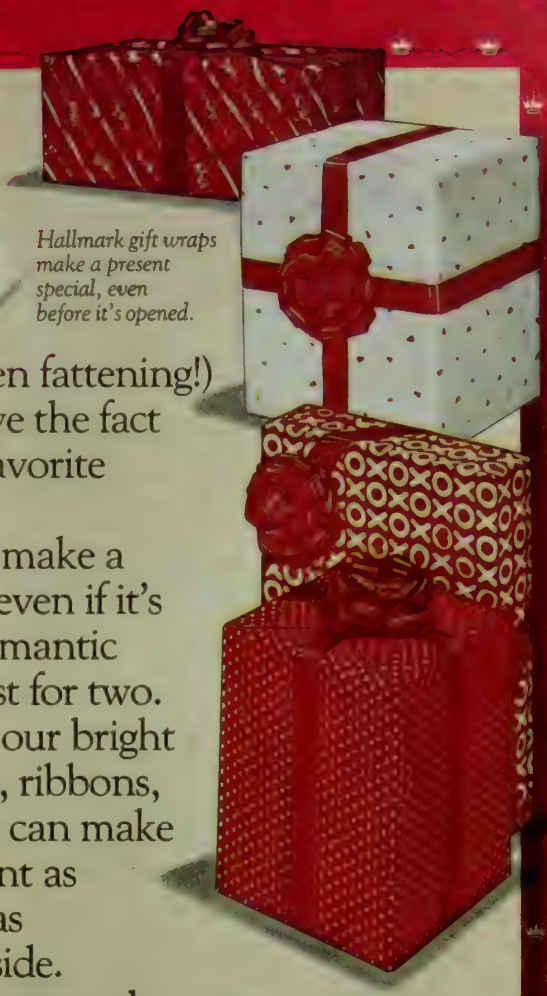


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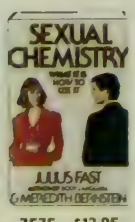
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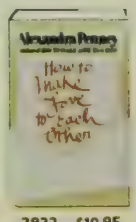
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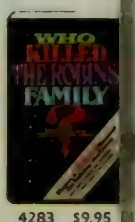
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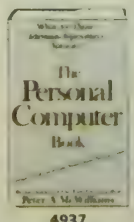
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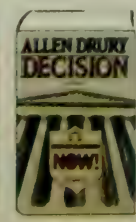

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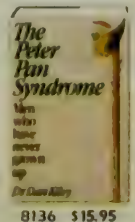
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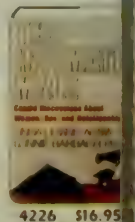
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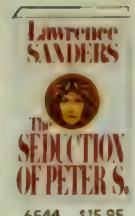
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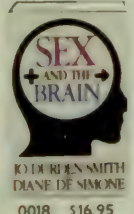
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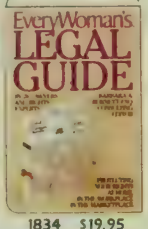
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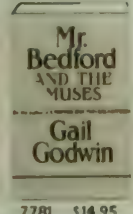
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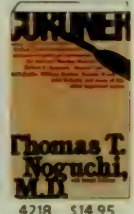
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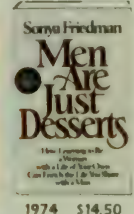
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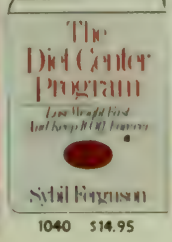
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High Blood Pressure

NEW FINDINGS, NEW TREATMENTS



New research findings are rapidly improving treatment for tens of millions of Americans with high blood pressure. As a result, the chances of avoiding the serious, often deadly, complications of this baffling disorder have never been better.

The new approaches include intensive therapy with potent drugs, flexible approaches to selecting the right medications for individual patients, and alternative ways to lower blood pressure without using drugs at all.

According to the National Heart, Lung and Blood Institute (NHLBI), the federal agency responsible for cardiovascular research, a staggering 60 million Americans have some degree of high blood pressure; a quarter of them are oblivious to the threat because they experience no symptoms.

Doctors have long identified severe hypertension (the medical term for high blood pressure) as a leading cause of stroke and heart disease, as well as kidney failure and other side effects. But until recently, the 75-80 percent of cases classified as "mild" were largely ignored. Now it's recognized that even borderline high blood pressure, if not detected and treated early, can lead to fatal consequences.

Deaths from cardiovascular disease (heart and blood vessel disorders, including stroke) have declined dramatically in the past decade; scientists credit the brighter outlook to a major national educational effort to control hypertension. "But thousands more lives could be saved each year if more attention were paid to mild hypertension," says Dr. Robert Levy, dean of medicine of Columbia University School of Medicine, New York City, and former director of NHLBI.

A five-year NHLBI study of 10,000 mild and severe hypertensives who received aggressive drug therapy found that the greatest reduction in deaths from cardiovascular and kidney disease occurred in the group with the mild form of hypertension.

What is blood pressure and how is it measured?

Blood pressure is the heart's pumping force as it sends blood surging through the arteries to all parts of the body. Each time your heart contracts, or beats, the blood pressure in your arteries increases; this *systolic* pressure indicates how hard your heart works to pump blood. Each time your heart rests between beats, blood pressure goes down; this *diastolic* blood pressure reveals how easily blood flows through your body.

Blood pressure is measured by a simple, quick, and painless examination. A rubber cuff is wrapped around your arm, inflated with air until the artery is closed, then slowly deflated to release the flow of blood. A measuring gauge or digital readout records the pressure indicated by the level of mercury in a glass tube. A pressure of 120/80, for example, means systolic pressure is 120 millimeters of mercury (mm Hg) and diastolic pressure is 80 mm Hg.

Your blood pressure fluctuates as you make different demands on your body—rising when you exercise or experience emotional stress, and falling when you rest or sleep. That's why doctors must measure blood pressure several times before making an accurate diagnosis.

When is blood pressure too high?

The lower your blood pressure, the better, as long as there is enough pressure in your circulatory system to move blood to all parts of your body at all times. As you grow older, blood vessels gradually harden and lose elasticity. High blood pressure tends to speed up this process, straining the heart.

For people aged 12 and older, most authorities consider 140/90 to be the

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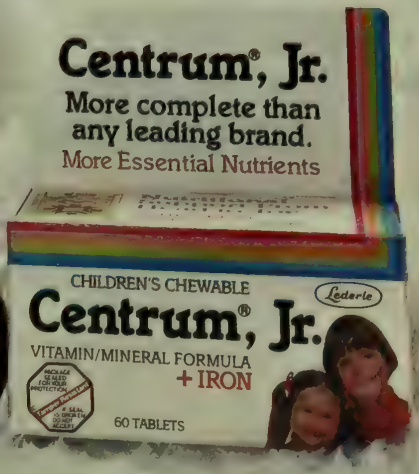
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continued

High blood pressure

upper limits of normal blood pressure when resting. People who have a systolic pressure between 140-160 and/or a diastolic pressure between 90-95 are considered to have borderline or, in some cases, mild hypertension. The higher the numbers, the more severe the condition and the higher the risk of experiencing complications.

What causes high blood pressure?

There are two forms of high blood pressure. *Secondary* hypertension stems from other medical problems and includes only 5-10 pecent of all cases. *Essential* or *primary* hypertension, which is far more prevalent, still is an enigma.

Secondary hypertension can result from a tumor, a hormone imbalance, a kidney disorder, or any other disturbance that interferes with blood flow. Usually, normal blood pressure can be restored by surgery or other treatment. One of the most common causes of secondary hypertension in young women is the use of oral contraceptives, which raises blood pressure by increasing blood volume. Not taking the pill will return blood pressure to normal.

The cause of essential hypertension has eluded researchers for decades, despite intensive study. No cure has been developed, nor does anyone know why it is almost twice as prevalent among blacks as whites.

How is hypertension diagnosed and treated?

High blood pressure usually has no early warning signs, although symptoms can include dizziness, weakness, shortage of breath, headache, and blurred vision—conditions that also are associated with many other ailments. In most instances, the problem is discovered during a routine physical exam.

If your blood pressure reading is abnormally high, your doctor will ask you about your medical history; your dietary, exercise, and smoking habits; the degree of emotional stress you have to deal with; whether you have a family history of hypertension; and your general state of health. You also will be checked thoroughly for damage to blood vessels in your eyes, neck, chest, abdomen, and legs resulting from high blood pressure. The information from the history and physical exam, as well as data from optional laboratory tests, will help determine whether you have secondary hypertension or essential hypertension.

In most instances, the problem is essential hypertension—borderline or mild. Management of such cases is controversial: Some doctors prescribe medication, some don't. Blood pressure is monitored carefully and nondrug therapies, such as salt avoidance and weight reduction, are tried. This failing, drugs may be prescribed, especially for patients with such associated risk factors as high cholesterol levels.

Other indications that drug treatment is necessary include having diabetes, a history of heart disease, or a family background of high blood pressure. These factors, especially in people

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Remember, your doctor is the expert regarding your medical condition; both your doctor and your pharmacist are experts on medication; and we, the researcher and developer, are experts on the medicines we produce. We are all working toward one goal — your good health. However, the ultimate responsibility for using your medication correctly rests with you ... the final control is *yours*.

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continued

High blood pressure

with moderate or severe hypertension, make treatment with drugs even more urgent.

What drugs are used?

There are several classes of antihypertensive drugs, and each acts quite differently. Your doctor will want to use as few medications as possible to safely and effectively lower your blood pressure. He or she will start the single drug most appropriate for your particular condition, and then add other drugs if needed until your blood pressure is under control.

● *Diuretics.* Because excessive salt in the body is known to contribute to hypertension, most patients are started on an oral diuretic, unless there is some other cardiovascular problem that makes another drug preferable. Such

continued

High blood pressure and children

Children of all ages can have high blood pressure, although the prevalence is much lower than it is among adults. When your child reaches 3 years of age, you should have him or her checked regularly, especially if there is a family history of hypertension. Normal blood pressure for children under 12 is lower than in adults: readings of over 115/75 for a 6-year-old or 125/85 for a 9-year-old are too high.

Most children under age 12 with high blood pressure have secondary hypertension caused by some other disorder, such as an infection or hormonal imbalance. Treatment of the underlying disorder usually results in complete recovery. Most children over age 12 with high blood pressure have essential hypertension. Treatment is the same as for adults. Dosages of drugs given to children are based on weight and are much smaller than those prescribed for adults. Happily, the great majority of hypertensive children today learn to control the condition and grow up to lead healthy lives.

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continued

High blood pressure

diuretics as chlorothiazide (Diuril) and chlorthalidone (Hygroton) make the kidneys secrete more salt and water. In most patients with mild hypertension, this is enough to lower blood pressure to normal levels.

Recent NHLBI studies involving 23,000 high-risk hypertension patients suggest that diuretics, when used as an initial treatment, may provide less protection against coronary heart disease than other drugs. Opinions vary, but there is agreement that a physician should be flexible and tailor the therapy to the individual.

● *Beta blockers.* If diuretics alone don't normalize blood pressure, Dr. Donald Vidt, head of the Clinical Section of the Department of Hypertension and Nephrology at the Cleveland Clinic Foundation, advises the use of a beta adrenergic blocker like propranolol (Inderal) or metoprolol (Lopressor). Beta blockers slow the heart rate and prevent nerve impulses released by the brain from attaching to receptors in the heart and kidneys, thereby lowering blood pressure. Drugs such as clonidine (Catapres) and guanabenz (Wytensin) also act on the central nervous system to reduce blood pressure and can be used with diuretics, Dr. Vidt reports.

● *Vasodilators.* If further therapy is required, vasodilators such as hydralazine and prazosin often are used to dilate blood vessels and lower pressure by easing the flow of blood. In addition, some vasodilators—prazosin, for example—suppress nerve impulses that control blood pressure. For patients to whom diuretics pose a risk, prazosin and similar agents are increasingly the first-choice medication.

● *Other drugs.* For the less than 5 percent of patients whose hypertension cannot be fully controlled by one or a combination of these drugs, very powerful medications, such as guanethidine, which act directly on the blood vessels, are available. Such drugs can lower blood pressure, but unfavorable side effects limit their use.

Several newer drugs promise to play a significant role in hypertension therapy in the future, Dr. Vidt says. The angiotensin converting enzyme (ACE) inhibitor captopril (Capoten) may be useful in low doses for treating patients with mild, uncomplicated hypertension. And the calcium channel blocking drugs (nifedipine, verapamil, and diltiazem), now used in treating angina pectoris and cardiac arrhythmias, have potent antihypertensive effects.

What can you do without using drugs?

Plenty. Losing excess weight, increasing physical activity, kicking the smoking habit, and restricting salt and fats in the diet can dramatically improve blood pressure.

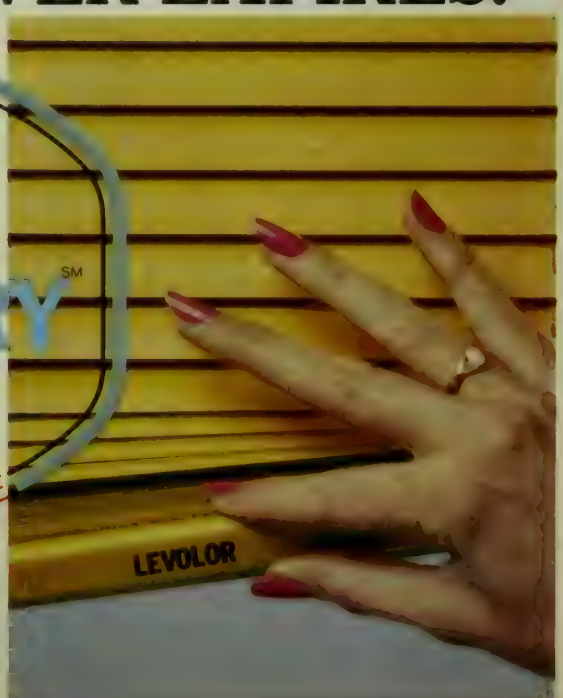
● *Restrict salt intake.* It's good advice, but according to Dr. Michael J. Horan, chief of NHLBI's hypertension branch, salt restriction probably is not the panacea it once was thought to be. "It is now thought that some people are less

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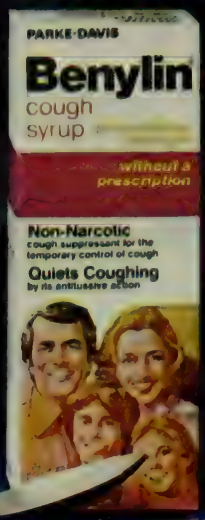
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continued

High blood pressure

sensitive to salt than others. For such patients, rigid salt restrictions are unnecessary," Dr. Horan says.

Salt sensitivity can be determined by a laboratory enzyme test or by trial and error. If you are salt-sensitive, you will be advised not to salt food and to avoid or limit eating of high-sodium foods such as many cold cuts, canned soups and vegetables, TV dinners, and snacks. Patients taking diuretics, which remove considerable salt from the body, need not reduce their intake so drastically. What about salt substitutes? Dr. Horan says they are acceptable as long as your kidneys are healthy.

● *Cut down on fats and total calories.* Many studies by the American Heart Association indicate that high levels of animal fats in the diet increase thickening and hardening of the arteries. The AHA recommends the eating of more low-fat foods (poultry, fish, and skimmed milk products), fewer high-cholesterol foods, and more fresh fruits and vegetables.

● *Quit smoking.* And if you don't smoke, don't start. Smoking is a leading contributor to coronary heart disease, as well as lung cancer and many other maladies. There are smoking cessation clinics that can help you break the habit; contact your AHA or American Cancer Society chapter for advice.

● *Exercise more and minimize stress.* Your doctor can prescribe a program suited to your condition. Aerobic or movement exercises—brisk walking, jogging, swimming, bicycling, and active sports—help lower blood pressure, strengthen the heart, and reduce tension. You also should get enough rest and recreation and try to avoid undue stress.

● *Be cautious about medications.* Many prescription and over-the-counter medications like oral contraceptives, certain decongestants, and appetite suppressants can raise blood pressure. Give your doctor a list of all drugs you take to see whether any is contributing to the problem.

Home blood pressure monitoring

It's a healthy idea for anyone with hypertension. Devices that measure blood pressure by a mercury gauge are considered the most reliable and the least expensive (some recommended models can be purchased for about $40-$50). Models equipped with an electronic rather than mercury gauge are more convenient but also more expensive. Consult your physician for advice. As for those coin-operated blood pressure machines: Be careful. A single reading is insufficient, and many are considered unreliable.

For further information

In addition to your doctor, your state or local chapter of the AHA can be an invaluable source of help. For more on research advances in combating high blood pressure, write to High Blood Pressure Information Center, 120/80, National Institutes of Health, Bethesda, MD 20205.

—By William Cole

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That's why you've learned a secret that helps keep it alive. Oil of Olay Beauty Fluid.
Oil of Olay is so similar to the natural fluids abundant in younger skin. Because its fluids are
so like your own, your skin drinks it in. There's nothing quite like Oil of Olay. Each greaseless
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dryness. You've actually seen it soften tiny lines. Faithfully, you lavish it onto your face and neck.
And with each passing day, this mysterious beauty fluid helps that radiance surface again. And again.
You've lived your life beautifully, and it shows. Like other women around the world,
Oil of Olay has helped you look younger, too. And every time he looks at you,
he falls a little more
in love.

Mell Meredith

Fitness Centers
Shopping the Options

Americans today are more fired up about fitness than ever before. Some of the best evidence of this is the boom in fitness centers, spas, health clubs, and YMCAs and YWCAs. But choosing the right fitness center for you is not as simple as skimming through the Yellow Pages. The private health club industry in particular is highly competitive and constantly changing. You'll want to shop around before you invest in a membership.

Basic considerations

There are fitness centers of every type and size. They range from one-room dance class facilities to large complexes complete with pools, saunas, massage rooms, and courts for racquet sports. Membership costs vary widely, too, from less than $100 to more than $1,000. Today, community recreation departments, colleges and universities, and even hospitals also are getting into the act, offering a variety of programs.

The size and lifestyle of the community you live in will determine the scope of your options. Decide first what you can afford, the atmosphere you prefer, what kind of exercise you like to do, and what facilities and equipment you want to use. Keep in mind the following tips to avoid common pitfalls:

- Visit during the hours that you plan to use the facility and make sure it's not overcrowded. Ask if there's a limit to the number of club members.
- Check the ratio of instructors to members. There should be someone on duty in all areas at all times.
- Inspect the entire fitness facility for cleanliness and note the condition of exercise equipment. Poor maintenance may indicate poor management.
- Ask if the club offers a short-term trial membership.
- Check out what hours the club is open, and on what days. Also ask if it's limited to men or women during certain times. Investigate the policy about family members using the facility.
- Get refund terms in writing in case you decide to cancel your membership.
- Contact your local consumer protection agency, state Attorney General, or Better Business Bureau to see if they've had any complaints about the center.

What about the staff?

Unfortunately, many fitness center staff members are hired more for their physical appearance than for their expertise. Trained fitness instructors will know how to spot signs of excessive physical stress. They can advise you about how to use equipment correctly and how to tailor your individual exercise program and assess your progress. In addition, instructors should be trained in first aid measures, including cardiopulmonary resuscitation (CPR).

A handful of private health club chains offers standardized staff training programs, and many Ys that have a full range of fitness services offer a thorough certification program with continuing education.

So far, the only nationwide certification is a new one developed by the American College of Sports Medicine. Their fitness instructor certification program requires extensive knowledge of anatomy, exercise physiology, nutrition, and related subjects. However, the program is so new that relatively few instructors have received certificaton at this point.

What about costs?

A one-year basic membership at a Y with full fitness facilities averages between $100 and $250, while in some parts of the country a one-year private health club membership may run as high as $1,500. Prices for memberships in some of the larger chains aren't even consistent from spa to spa. Typically, a one-year membership in a fitness center will run from about $200 to $500. In some states, price ceilings have been set by law.

Keep in mind that memberships are packaged in a lot of different ways. In many cases, a limited membership (without, say, pool privileges or towel service) can save you money. Watch, too, for special deals and discounts. But do read the fine print.

Don't forget that many employers are now making discount memberships available to their employees at Ys and other fitness facilities. Be sure to check your employer's policy.

Other things to watch for

When you sign a contract with a fitness center, enter cautiously and set short-term goals. Consider paying a little higher rate to join for a shorter period of time, just in case you decide you don't enjoy using the facility or aren't able to be there as much as you had planned. Before signing a contract, read it over very carefully. Don't accept oral guarantees; what's written is what counts.

Here are some final considerations:

- Some clubs offer reciprocal rights to members of clubs in the same chain. Also, about 1,500 clubs belonging to The International Physical Fitness Association offer reciprocal rights to similar facilities around the world, as do some members of the Association of Physical Fitness Centers.
- Some clubs (and often Ys) offer extras like baby sitting services and special fitness programs for children.
- Don't be taken in by promises of miraculous results from so-called "passive exercise" techniques, such as body wraps (effects are temporary at best).
- If the club also provides a diet plan, your state dietetic association can advise you about the program.
- Some cities and states have their own regulations concerning fitness center practices. Most common is the stipulation that the contract include a cooling-off clause. This generally allows you two to three days to change your mind and get a prorated refund.

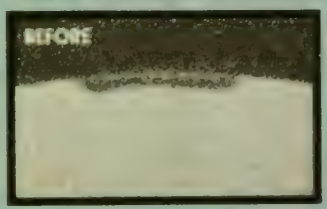


CAUGHT SOON ENOUGH, EARLY TOOTH DECAY CAN ACTUALLY BE REPAIRED BY COLGATE!

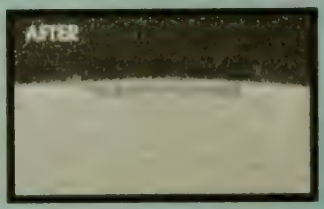
Now Colgate offers conclusive X-ray proof that Colgate does more than simply help prevent cavities. These special X-ray photos show—and the explanation beneath fully describes—how early tooth decay, when caught soon enough, can actually be repaired by Colgate—with the most clinically proven fluoride of any toothpaste.



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EARLY TOOTH DECAY: Teeth are made of minerals. Teeth gain and lose minerals every day. But decay acids can cause mineral loss—unless these minerals are replaced, the early tooth decay seen here can turn into cavities.



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Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care. Council on Dental Therapeutics, American Dental Association.
See your dentist, limit sweet snacks, brush regularly with Colgate.

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100 IDEAS UNDER $100

By Steven Coulter and Nancy Hall

Our 21st issue of 100s is packed full of the best ideas ever. We have quilts handsome enough to hang on your walls, fine furniture you'll be proud to say you built yourself, sturdy toys to delight the youngsters you know, and much more. If you liked our last 2,000 ideas, get set for another 100 winners!

1. Corner Cupboard $83
Moldings give a tall cabinet a built-in look. Shelf grooves keep the Wedgwood blue commemorative plates upright.

2. Hearts Rocker $59
This big, sturdy, rocking chair is truly as inviting and comfortable as it looks.

3. Junior Hearts Rocker $44
Our child's rocker will give a youngster just as good a rockaby as the big one.

To order Project Plan 50483 for both rockers, see page 149.
How-to begins on page 41.



100 IDEAS UNDER $100

4. Wooden Weather Vanes
$4 each

Our whale, pig, and duck sculptures on sticks atop the mantel won't tell you what direction the wind's blowing, but they're great decorative accessories. Cut the animals from lumber scraps; sand, and finish with diluted paints.

To order pattern 01295 for all 12 weather vanes shown on the quilt, see page 149.

5. Weather Vane Quilt $75

Each of the 12 large blocks in this appliquéd blue and white work of art *(below)* depicts a stylized weather vane. Sew some extra quilt blocks to use as fronts on throw pillows.

Gabriel Pillow Shams $8

Cover your bed pillows during the day with shams decorated with magnificent appliquéd angel weather vanes.









Weather Vane Wall Hanging $20
Any of the quilt block patterns can be stretched for a wall hanging, as shown by the examples *(opposite bottom).*

Candlewick Quilt $75
Try the Colonial technique of candlewicking for your weather vane fabric projects *(below).*

To order pattern 01294 for quilts, pillows, shams, and wall hangings, see page 149.



5



6, 7





8

6. Counting Toy $4

Cover an empty moist towelettes canister with colorful self-adhesive plastic paper. Cut a hole in the top so that a toddler can push in plastic practice golf balls or plastic-foam balls for a toy that is a learning game.

Instructions: Rinse canister thoroughly. Remove strap and sealing cap from lid. Cut hole in lid to accommodate balls.

Plan motifs on self-adhesive paper to fit your canister. Measure canister height from rim bottom lip to canister bottom. Add 2 in. for overlap at bottom. Cut from self-adhesive paper. Apply to canister placing top edge even with bottom lip. Clip bottom edges to within ½ in. of canister bottom. Fold, tuck, and overlap to fit canister shape. If desired, cut small motif circle to cover canister bottom.

Replace lid on canister.

Very small children enjoy pushing balls through the hole in the lid. As child grows, teach him to count each ball and leave lid in place until all balls have been pushed through the hole, before restarting game.

7. Bunny Baby Quilt $15

Stitched white rabbits bound all over this baby quilt. Stuff one of the long-eared beasties for a teddy alternative.

8. Waferboard Train $16

This 37-inch-long train has a coal car for hauling important items, such as dolls or cartons of animal crackers.

To order Project Plan 50485, see page 149.
How-to instructions begin on page 41.
Buying guide, page 148
All credits, page 147.

100 IDEAS UNDER $100

9. Red Riding Hood Rug $71
Hook this 2½x3½-foot old-world legend in various shades of wool fabric strips.
To order pattern 01306, see page 149.

10. Clown Seesaw $27
Use this 5x3-foot seesaw indoors or out.
To order Project Plan 50482 for both the seesaw and the pyramid playhouse (project 82), see page 149.

11. Mankala Marble Game $10
A seemingly simple game for two that helps youngsters gain counting skills. As the players become more proficient, they will develop more complicated game strategies.

12. Dowel Boot Rack $13
This stand preserves the shape of your boots while they drip dry.









13. Mary's Little Lamb $2
Replicate our woolly creature with black velour and fake sheepskin.

14. Trusty Sheepcat $3
The faithful sheepdog is out looking for Little Bo-Peep, but he left the "little lamb" in the care of our trusty brown sheepcat, who's sure to keep the big bad wolf at bay.


13, 14, 15


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15. Sheepish Wolf $27
Our rolling wolf in sheep's clothing may not fool Little Red Riding Hood, but he's sure to become a favorite with the nursery set.
To order Project Plan 50488, see page 149.

16. Record/Game Rack $22
Build a 10x10x24-inch, felt-lined storage unit for records and games.
Materials: 4 ft. 12x¾-in. pine; paint; ¾ yd. felt; glue.
Instructions: From pine cut one 10x24-in. shelf; one 9¼x24-in. back; six 14x½-in. divider strips.

Glue and nail shelf to back at right angle. Dado shelf and back for strips with first and last strip ½ in. from ends and remaining strips 4 in. between centers. Glue strips into dado slots. Cut strip ends even with shelf and back. Sand. Paint.

From felt, cut 2 pieces to fit shelf and back behind and between divider strips. Glue in place.

17. Crayon Kangaroo $8
Our stuffed felt Aussie holds enough crayons to keep an art class busy.

18. Double Desk $25
This 32-inch-wide desk for two has heaps of storage space beneath the two hinged work surfaces.
How-to instructions begin on page 41.

100 IDEAS UNDER $100

19. Crocheted Afghan $16

This 49x63-inch, off-white afghan is worked entirely in a double crochet variation. The back-loop-only stitch is quick and easy to do.

20. Etched-Glass Lamp $62

Personalize a glass ginger jar lamp with an etched flower design.

21. Lace Window Treatment $20

Combine lace and grosgrain ribbon for an elegant-looking Roman shade type of window treatment.

22. Presidential Pillows $40 each

The lilies and trumpet vine designs on our 14-inch-square needlepoint pillows were inspired by the flowers on the official Presidential china purchased while Ulysses Simpson Grant occupied the White House.

To order lilies pillow kit 27084 and trumpet vine pillow kit 27086, see page 149.

23. Pembroke Table $86

This classic occasional table, with drop-leaves, tapered legs, a drawer, and inlaid trim, was built of cherry; but you can use whatever wood you prefer.

To order Project Plan 50491, see page 149.

24. Dame Fortune Sampler $13

Wish a friend or loved one good luck with this 12x16-inch counted cross-stitch sampler bordered in hearts and flowers beneath the rainbow.

To order kit 29542, see page 149.

25. Satin Evening Bag $12

You'll be the belle of the ball with this elegant evening bag made of satin, lace, and pearl buttons.

Finished size is 4¾x7½ inches.

Materials: ⅓ yd. satin; ¼ yd. flannel; ½ yd. 5¾-in.-wide lace; three 3½x3-in. lace appliqués; six ¼-in. pearl buttons; 1½ yds. ⅛-in.-wide satin ribbon; thread.

Instructions: From satin cut two 13½x8-in. rectangles, rounding corners and with selvage as one edge of each; also cut one 3¼x8-in. rectangle, rounding corners on one side.

From flannel cut one 13x8-in. rectangle. If desired, spray with perfume and let dry. Baste flannel to wrong side of one large satin rectangle. Center 5¾-in.-wide lace on right side of satin. Cut to fit length of rectangle. Stitch ends.

On long straight edge of small rectangle, turn under ¼ in. Press. Turn under ¼ in. Press. Stitch. Place small rectangle facedown on right side of remaining large rectangle. Baste.

With right sides together, sew large rectangles together leaving bottom edge open. Turn right side out. Press. Turn under seam allowance and slip-stitch opening closed. Fold bottom edge up to within ¼ in. from center. Machine-stitch ¼ in. from outside edge







on long sides and top. Fold top flap over. Press.

Lace ribbon through the lace appliqués. Hand-stitch appliqués to front, back, and front of the bottom pocket. Sew 2 pearl buttons on each appliqué where ribbon ends cross.

26. Wall Cabinet $55

Keep your fine glassware and china dust-free behind acrylic sliding doors.

27. Hearts Clock $28

Transform an inexpensive clock mechanism into a work of art by adding borders of appliquéd hearts, embroidered flowers, and quilted feathers, all set in a 14-inch hoop.

28. Mobile Butcher Block $67

Roll this 24-inch-square chopping block work counter to wherever you need it. A wood rack on one side houses a set of kitchen knives safely. Use the slatted shelf below to store kitchen equipment.

To order Project Plan 50497, see page 149.

29. Spice Rack $16

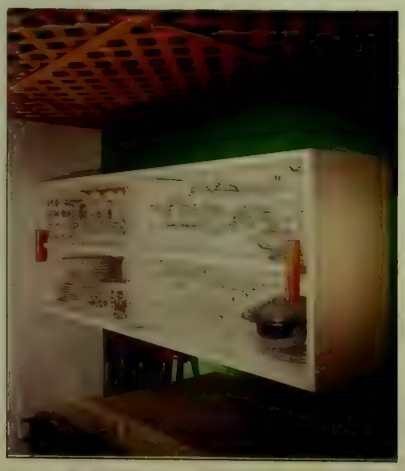
Assemble this nifty rack from fifty-one 11-inch dowels flanked by two pieces of clear acrylic, and secure it to the back of a cabinet door in your kitchen.

How-to instructions begin on page 41.



24, 25


28




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100 IDEAS UNDER $100

30. Mini-Washingtons $10 each

To celebrate George's birthday in this election year, we asked dollmaker Kelly Johnson to create a little George and Martha. Designed to true miniature scale, the father of our country stands just over six inches tall. Arms and legs move, so the First Couple can either stand or sit.

31. Mini-Portrait $1

Stumped for family portraits to grace your miniature rooms? Visit your local stamp dealer; he has famous faces on uncanceled stamps. Some are very inexpensive. Use a gummed stamp hinge to fasten one to a bit of gold ribbon. With spray adhesive, affix the ribbon to a slightly smaller piece of cardboard and hang it on the wall.

32. Cherry Butler's Table $52

The 30x18-inch, hinged top of this table lifts off for use as a handy tray.

To order project plan 50492, see page 149.

33. Butterfly Corner Shelf $9

Showcase a favorite trinket, shell, or other object on a winged corner shelf.

Materials: 18x24x¼-in. plywood; 10x½-in. wooden dowel; nails; glue; 4 hanger brackets; yellow, orange, and blue paint; silver marking pen; chalk.

Instructions: Enlarge pattern *(see drawing in how-to section).* From plywood cut 2 wings and 1 shelf. Clamp wings together at right angle with one overlapping. Glue and nail wings and shelf in place.

Cut dowel 4½ in. for top and 2½ in. for bottom. Shape one end of each using sandpaper. Glue long dowel to butterfly front in corner above shelf. Glue short dowel below shelf. Sand. Paint. Mark circles and lines using chalk. Fill in circles and lines using silver marking pen.

34. Sheeted Canopy $24

Crown a bed with a canopy made of two twin-size sheets. Sew a hem in one end of each sheet and slip the sheets onto a 14-inch-diameter quilt hoop. Hang the hoop with S-hooks and chains from a screw hook.

35. Embroidered Butterfly $4

Create a wall hanging or a pillow with our delicate embroidered butterfly. Or make 20 of the graceful creatures and set them into a magnificent full-size quilt.

To order pattern 01298, see page 149.

36. Morning-Glory Quilt $42

You need make only 12 big 15-inch square blocks for this stunning quilt. Each block is a combination of appliqué and embroidery.

To order pattern 01297, see page 149.

37. Waferboard Barn $45

Future farmers of America can practice on this scaled-down barn, 36


30, 31


32


33

inches long. The barnyard animals are simple cutouts slipped onto leg braces. Have you guessed the origin of those "bales" in the loft? Shredded wheat!

38. Tractor and Wagon $5

Transform your wood scraps into a sturdy tractor and hay wagon.

To order Project Plan 50484 for barn, animals, tractor, and wagon, see page 149. How-to instructions begin on page 41.



37, 38



34



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36

100 IDEAS UNDER $100



39



39. Truck Backpack $13
This whimsical backpack will hold plenty of school books, hiking supplies, or whatever you want to tote.

40. Seminole Trim Apron $8
Stitch up a muslin apron and embellish it with Seminole Indian trim. Chain sewing enables you to make the festive trim in fairly short time.

41. Fold-Up Sewing Center $95
Store your sewing machine behind the fold-up worktable on this capacious cabinet with drawers and shelves to house heaps of fabrics and other stitchery supplies.
To order Project Plan 50490, see page 149.

42. Ball-and-Stick Rack $36
Assemble wooden dowels and oversized



40, 41

beads into an airy rack for towels. The finished size is 22x10x32 inches.

Materials: Wood balls: twelve 2 in., four 1 in.; wooden dowels: seven 36x⅝ in., nineteen 36x⅜ in.; glue; nails; stain; varnish.

Instructions: Cut four ⅝-in. dowels 32 in. long. Drill ⅝-in. hole through 2-in. balls. Slide dowels through balls to make 4 legs. Glue and nail balls 4 in., 16 in., and 26 in. from leg bottoms. Drill holes in 1-in. balls. Glue and nail balls at leg tops.

Drill ⅝-in. hole in each 2-in. ball and ⅜-in. hole in 1-in. balls. From ⅝-in. dowels cut six 10¼-in. lengths. Glue and nail into balls on legs to support shelves as end panels. From ⅜-in. dowel cut two 10¼-in. pieces. Glue and nail between 1-in. balls on shelf support tops.

Drill ⅜-in. holes in 2-in. balls. Drill ⅜-in. holes in dowel supports with 4 holes equally spaced between balls. Drill ⅜-in. holes in 1-in. top balls for back frame of rack.

From ⅜-in. dowels cut nineteen 22¼-in. lengths. Glue dowels into balls and dowel supports. Clamp to set glue. For added strength drill each dowel and nail in place while clamped. Sand. Finish with stain and varnish.


42, 43, 44


45, 46


47

43. Turret Planter $11

The four sides of this simple planter slip together with ease. Use it to camouflage a plain clay pot or add a bottom and plant directly in it.

44. Shoeshine Caddy $14

Centralize your shoe-cleaning supplies with this sturdy storage caddy that measures 12½x7½x11½ inches.

Materials: 6 ft. 1x8-in. pine lumber; 1 pr. ¾x2-in. brass hinges; paint.

Instructions: From pine cut: 11½x7½-in. back; 8¼x7½-in. front; two 7½x12½-in. sides; 7½x12½-in. bottom; 6¾x7½-in. top back; 9x7½-in. lid; 1x7½-in. ledge piece.

On sides draw and cut angle with front edge 3¾ in. high and back edge 7½ in. high 8½ in. from front. On front and back cut small decorative arch in bottom center.

Glue and nail sides to front and back. Glue and nail bottom in place. Glue and nail top back to sides and back with ½-in. overhang at sides and back. Glue and nail ledge piece on lid front. Sand. Paint. Attach hinges to lid and top back.

45. Rocking Giraffe $31

You're assured of safe, gentle rocking with this long-necked workshop creation assembled from wooden spindles, dowels, and beads, and some pine lumber.

46. Playroom Slide $42

Everyone loves a slide; and this durable unit provides an indoor alternative.

47. Phone Center $88

This 21½x29-inch unit combines a cork bulletin board with two 13x10x4-inch phone book pockets. When the pockets are closed, the tops of the pockets can serve as a writing shelf.

If desired, glue hook-and-loop fastening tape to the back top edge of each box and to the birch back panel to hold the boxes securely closed.

How-to instructions begin on page 41.
Ideas 48-100 begin on page 71.

New Flip-Top® box.

Soft pack or new Flip-Top box.



Marlboro Lights 100's

The spirit of Marlboro in a low tar cigarette.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Mar.'83
Box: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC method

continued

100 Ideas

1. CORNER CUPBOARD, page 29

Finished size of our unit is 6½ ft. high, 39 in. wide, and 16 in. deep.

Materials: 2 sheets ½-in. particleboard; 10 ft. 1x12-in. common pine; ½ sheet ¾-in. A-B fir plywood; 2 pr. self-closure hinges; 2 door pulls; 3½-in.-wide crown molding; two 2½-in.-wide pieces ¼-in. tempered hardboard the height of your unit.

Instructions: *Note:* Before purchasing materials, lay out size of your unit on cardboard pieces. Then calculate material needed to fit your corner.

Crosscut 16 in. piece from 1 particleboard sheet. Save this piece for top front.

From particleboard rip sides to your size, using 45-degree angles on both sides.

From pine cut piece for back the height of your unit and 4 in. wide from long point to long point with 45-degree cut on each side.

Mark shelf spacing you desire on both sides and back panels. Cut shelves from particleboard to size and angle of your drawing. Dado a groove ¼ in. wide, ⅛ in. deep, 1 in. from each shelf back edge for plate rail.

Note: Sand all pieces before assembling each section of the unit.

Glue and nail sides to back. Glue and nail shelves to sides and back through panel backs.

From pine rip 2 side rails 3½ in. wide the height of your unit with 45-degree angle on one side. Glue and nail to side panel fronts and shelves.

From particleboard cut 4-in. toeboard and two 2-in. rails for top and over doors. Glue and nail in place. Toenail to side rails.

From pine rip banding for shelves ¼x½ in. Glue and brad to shelf edges. Sand unit.

If you plan to fasten your unit to the wall, remove baseboard from wall and screw unit to wall studs. Fit baseboard to unit and add base over toeboard.

From reserved 16-in. particleboard cut a half circle from the center, leaving 5 in. on each side and 1½ in. at top. Glue and nail to trim on cabinet.

From hardboard rip 2 pieces 2½ in. wide with 45-degree angle on one side. Cut four saw kerfs ⅛ in. deep equally spaced the length of each piece. Cut pieces to length from top of baseboard to underside of 5-in. head. Glue and nail in place.

Cut crown molding with 45-degree angle on each end to fit from wall to wall.

Fill nail holes. Sand. Prime and paint.

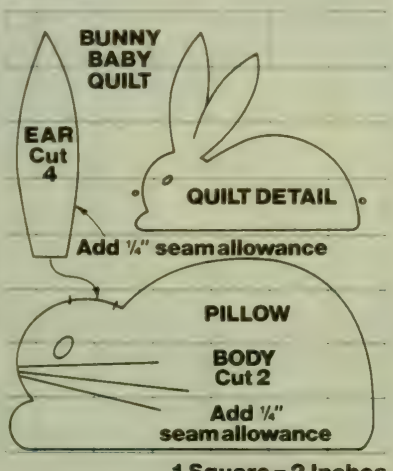
From plywood cut 2 doors to fit bottom section. Sand. Prime and paint. Attach hinges to doors and unit.

7. BUNNY BABY QUILT AND PILLOW, page 31

Finished size of quilt is 34x51 in.

Materials: 1¾ yds. 45-in.-wide green checked gingham for backing; 2 yds. 45-in.-wide lime green polyester/cotton fabric; thread; 1 skein 100 percent cotton knit and crochet yarn; crib-size quilt batting; fiberfill; 5 yds. 1¼-in.-wide ruffled eyelet; darning needle; stiff paper; washable fabric marker.

Instructions: *Quilt:* Using marker draw a 34x51-in. rectangle on lime green fabric, allowing 1-in. seam allowances on all sides. Enlarge bunny pattern *(below)*. Make template from stiff paper. Using template, randomly trace bunnies onto green fabric with marker. Outline bunnies with running stitch using yarn and darning needle. Work eyes in satin stitch. Work noses and tails with turkey-work stitch, using short loops for nose and 1-in. loops for tail and working in a circle. Clip loops and trim.



With right sides together, pin eyelet to quilt outline. Make tucks at eyelet corners for fit and fullness. Baste. Place quilt top on table with right side up. Lay backing over quilt facedown. Lay batting on backing. Pin. Baste. Stitch, leaving opening for turning. Trim corners and seam allowances. Remove basting. Turn right side out and slip-stitch opening closed. Press.

Baste around bunnies and outside of quilt using long running stitch. Machine-stitch around bunnies using extra-long stitch. Stitch around quilt ½ in. from edge. Remove basting. Press.

Pillow: Enlarge pattern *(above)*. From lime green fabric cut 2 bodies and 4 ears. Embroider face using satin stitch for eye and backstitch for whiskers. Press. With right sides together, stitch ears in pairs, leaving opening for turning. Turn. Press. Stuff with fiberfill. With right sides together, pin body together. Slip ears in at marks and pin. Machine-stitch, leaving opening. Clip curves. Turn. Press. Stuff with fiberfill. Slip-stitch opening closed. Make one each 1½- and 4-in. pompons. Firmly stitch small pompon in place for nose and large one for tail.

11. MANKALA MARBLE GAME, page 32

Materials: 6x21x1-in. walnut; 6x21-in. brown felt; 6x21x¼-in. hardboard; six ¾-in. wood screws; varnish; 72 marbles.

Instructions: From walnut cut 2x4-in. oval pocket catercorner at each end. Cut twelve 2-in. circles spaced between ovals, six along each side of board. Sand. Varnish.

Glue felt to hardboard. Screw hardboard to walnut board with felt facing bottom of walnut board.

Rules: Place 6 marbles in each of 12 circles. Ovals at ends are player collecting pockets.

Begin play with one player removing all marbles from one of his circles (row nearest his collecting pocket). Player proceeds counterclockwise around board dropping marbles one at a time in next circle and each succeeding circle or his own collecting pocket, skipping his opponent's collecting pocket. If last marble drops in player's own collecting pocket, he may play again until the last marble dropped lands in any of the circles. Player removes marbles from only his own circles.

When player 1 has finished, player 2 follows the same procedure.

Play proceeds until one player's row of circle bins is completely empty. Winner of the game will be the player with the most marbles in his collecting pocket. As game progresses, strategy and careful planning develop naturally.

12. DOWEL BOOT RACK, page 32

Materials: 5 ft. 1x4-in. lumber; wooden dowels: two 48x1 in., one 36x1 in.; glue; nails; paint.

Instructions: From 1x4-in. lumber cut 36-in. platform and two 12-in. bases.

Equally spaced along platform, drill 6 holes for dowels. Cut dowels in half. Glue and nail dowels into holes.

Glue and nail platform to base pieces. Sand and paint.

13. MARY'S LITTLE LAMB, page 33

Materials: 9x24-in. black velour fabric; 9x18-in. imitation sheepskin; black and brown felt scraps for eyes; thread; fiberfill.

Instructions: Enlarge pattern *(on page 42)*, adding ¼-in. seam allowances. From velour cut ears, face, legs, and arms. From sheepskin cut body, head, and tail.

(Sew, fold, or baste all parts with right sides facing.) Sew head fronts together, leaving 1-in. opening below notch. Sew along notched face edge.

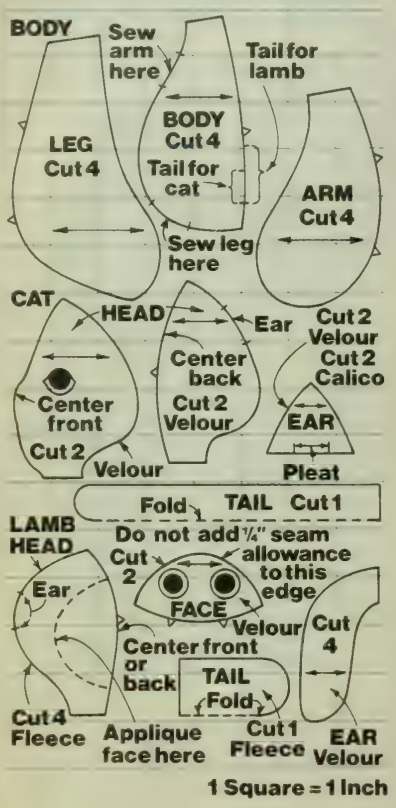
continued

100 Ideas

Machine-appliqué face to head. Stuff face. Stitch opening closed.

Sew head backs together from top to notch.

Fold tail along fold line. Sew, but



leave end open. Turn. Baste tail in place. Sew body backs together below notch; sew body fronts together.

Sew body back to head back and body front to head front.

Sew ears in pairs, leaving ends open. Turn. Baste in place on head back.

Sew legs in pairs, leaving opening between notches and at ends. Turn. Sew arms same as for legs. Baste arms and legs to body back. Sew front to back. Turn. Stuff. Sew openings closed. Hand-appliqué eyes to face.

14. TRUSTY SHEEPCAT, page 33

Materials: ¼ yd. brown velour fabric; 6x2½-in. scrap calico; felt scraps for eyes; thread; fiberfill.

Instructions: Enlarge pattern *(above with lamb)*, adding ¼-in. seam allowances. Cut eyes from felt, inside ears from calico, and remaining pieces from velour.

With right sides facing, sew head fronts together. Sew head backs together from top to notch.

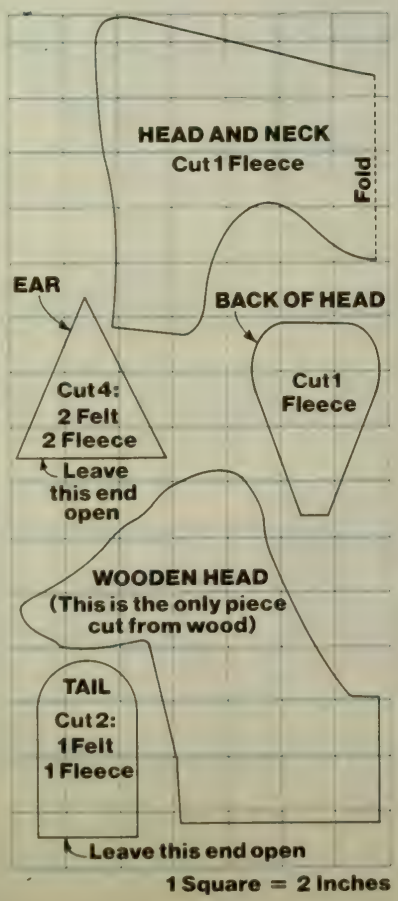
With right sides facing, sew calico ears to velour ears leaving bottom edge open. Trim seam and turn. Bring pleat lines together on calico ears. Fold pleat to right on one ear and to left on other. Pin ears to head back with raw edges together and velour ear facing right side of head. Baste.

Fold tail along fold line with right sides facing. Sew, leaving opening at body. Turn. Baste in place. With right sides facing: sew body back pieces together below notch;, sew body front pieces together; and sew body back to head back and body front to head front.

With right sides facing, sew legs and arms in pairs, leaving openings between notches and at ends. Pin arms and legs to right side of body back. Baste. With right sides facing, sew front to back leaving opening for turning. Turn. Stuff body, arms, and legs. Stitch openings closed. Hand-appliqué eyes to face.

15. SHEEPISH WOLF, page 33

Materials: ¼ sheet ⅜-in. fir plywood; four 2x2x11-in. fir; 2x10x20-in. fir; glue; nails; screws; two 7x⅜-in. dowels; four 3x¾-in. wood wheels; ¾ yd. fake sheepskin (fleece); 2 sheets gray felt; 2 ft. ⅜-in. soft white nylon rope; 1½ yds. 1-in.-thick foam rubber; staples; nylon thread; paint.



Instructions: From plywood build a three-sided box 4½ in. wide, 20½ in. long, and 5½ in. high. Glue and nail together. Notch 2x2s to fit flush with outside of box body when positioned inside box to form legs. Glue and nail to inside box corners.

Enlarge wolf head pattern *(below left)*. Cut from 2x10 lumber; round edges. Glue and screw head to body from body underside.

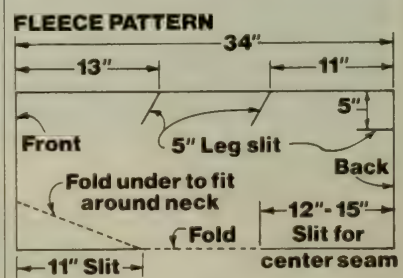
In each leg drill a hole 1 in. from bottom to fit ⅜-in. dowels. Glue 1 wheel to each dowel. Insert dowels through holes of front and back legs. Glue second wheel to each dowel.

Paint head and legs black.

Drill two ⅜-in. holes through neck, halfway down with first hole slightly above second hole. Put rope through one hole. Knot end. Form loop and put rope through second hole. Knot end.

Using staple gun, cover body, neck, and part of head with foam rubber.

Enlarge pattern *(below)*. From fleece cut pattern. From gray felt cut ears and tail pattern *(below left)*. With right sides facing, sew fleece ears to felt ears leaving bottom edge open. With right sides facing, sew the fleece tail to the felt tail leaving the bottom edge open.



Turn ears and tail right side out.

Center fleece for head over wooden wolf head. Slit from back to front up to rope handle. Fold fleece right side down against wolf face. Staple fleece close to foam rubber around face.

Fold fleece back over head. Place rope handle through slits. Slit fleece for ears. Stuff ears and insert in slits. Sew slits closed to secure ears.

Stitch triangle top in place at back of head. Stitch slits for rope together. Stitch seams together to complete head covering. Staple fleece bottom edge around neck.

Center body fleece over padded wood body. Flip fleece up around neck and staple in place. Pull fleece down over body and staple sides, front, and back under wolf. Sew unfinished seams closed at front, back, and legs, leaving opening at top of back to insert tail. Stuff tail. Insert at top of back. Stitch in place. Trim and fold fleece under to

continued on page 48

Officially Authorized by The Saturday Evening Post

The Norman Rockwell Figurines



Gramps at the Reins



Trick or Treat



Grandpa Snowman

The Norman Rockwell Figurines

A collection of twelve hand-painted figurines in fine imported porcelain inspired by the unforgettable Saturday Evening Post *classics of Norman Rockwell.*

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That is why the Danbury Mint is proud to present a landma tribute to this authentic American genius. By official autho ity of *The Saturday Evening Post,* this collection rend twelve of Norman Rockwell's classic paintings in beautif hand-painted figurines of fine imported porcelain.

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The Finest Rockwell Figurines You Can Find Anywher

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While the photographs here are two-dimensional, you c begin to see why these figurines are altogether differe Each scene, on its own integral base, consists of several d ferent sculptured forms which must be brought together, wi the most painstaking care, to create the genuine thr dimensional effect and true dramatic realism of the to composition.

Each Figurine Individually Hand-Painted

To enhance their artistic fidelity and capture Rockwell's brilliat mastery of lighting, texture and color, each figurine will be pai takingly hand-painted with a wide palette of ceramic color

To charm and delight you is the grandpa who's behavi more like a child than his grandson in *Gramps at the Reins...* *Trick or Treat* you can almost hear the impish little girl sing



Young Love



Caught in the Act

Figurines shown smaller than actual sizes which range from 5⅞″ to 6½″ in height.

inder the sheet as she "surprises" her kindly victim... the boy vho has abandoned an old friend in pursuit of a new "puppy ove" in *Young Love*... and other favorite Norman Rockwell :lassics especially selected from the best of his works.

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Rockwell figurines of such outstanding quality often sell for ıp to $125 each in stores. Yet the Danbury Mint is making :ach of the figurines in this collection available at only $65. The exceptionally low price is made possible by the economics of this convenient, direct-by-mail offer—where the savings get passed along to you.

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Allow 8 to 12 weeks after payment for initial shipment.

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The Norman Rockwell Figurines



Shown above are six of the figurines in this collection in one of the many ways you might display them in your home.

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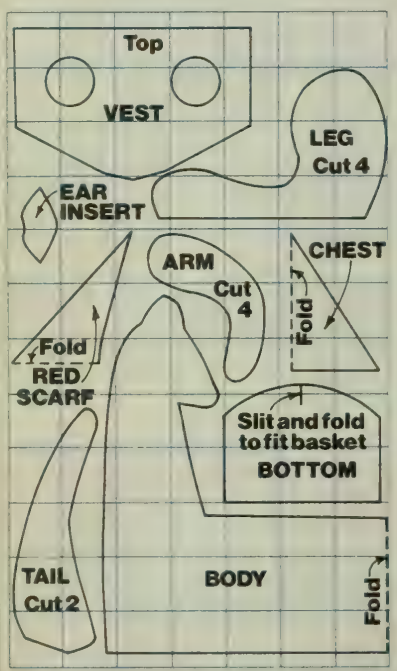
continued from page 42

100 Ideas

make snug fittings around legs. Staple.

Use gray paint or magic marker to draw eyes on head.

17. CRAYON KANGAROO, page 33
Materials: 3x3½-in. round basket; 5 sheets turquoise felt; 1 sheet each yellow and red felt; fiberfill; thread; black embroidery thread.
Instructions: Enlarge pattern *(below)*. Cut kangaroo from turquoise felt, scarf



from red felt, vest from yellow felt.

With wrong sides facing, zigzag-stitch face front together. Sew chest to body. Fold ear insert in half. Stitch center fold. Insert between ears with stitched fold to inside. Stitch. Stitch 1 in. down back from ears. Stuff ears and head. Finish stitching back. Stuff body. Place kangaroo around basket.

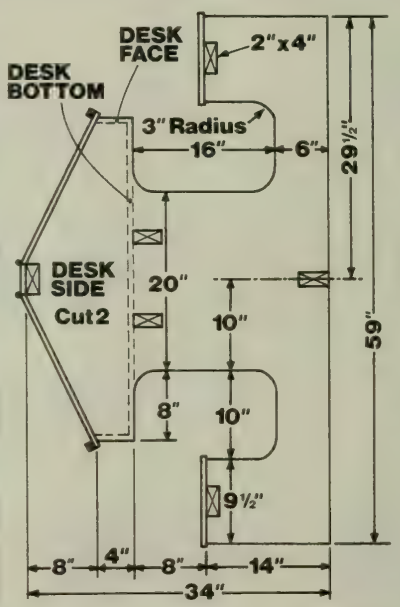
Turn kangaroo upside down and tack bottom piece in place.

Position the vest on the kangaroo and tack the vest in place where vest overlaps in front. Tack scarf in place over vest.

With wrong sides together, stitch two leg pieces together leaving opening. Stuff. Sew opening closed. Repeat for second leg. Sew arms following directions for legs. With wrong sides facing, sew tail leaving fat end open. Stuff. Hand-stitch tail to body.

Sew arms and legs in place on the body. Embroider long stitches with black thread for eyes.

18. DOUBLE DESK, page 33
Finished size is 59x32x34 in.
Materials: 2 sheets ½-in. waferboard; lumber: two 8 ft. 2x4-in., two ¾ x¾ x32-in. pieces; 2 pr. 2-in. hinges; nails; glue; paint; 16x32x¼-in. hardboard.
Instructions: From waferboard cut two desk sides following drawing *(below)*, one 30x35-in. desk bottom, two 10½x32-in. desk seats, two 4x31-in. desk faces, one 4x32-in. desk top center, and two 18½x32-in. desk tops.



From 2x4-in. lumber cut six 30-in. supports.

With desk sides in vertical position, glue and nail center bottom 2x4 support between desk sides.

Glue and nail seat supports to center seat bottoms.

Glue and nail 2 desk bottom supports 10 in. from each end of desk bottom.

Glue and nail desk top support to desk bottom top center.

Glue and nail desk in order: bottom to sides; desk faces to sides and bottom; desk seats; desk top center.

Apply hinges to desk tops. position tops; attach hinges to desk top center.

Add ¾-in. lumber pieces at bottom edge of each desk top to act as pencil stops. Sand. Paint.

For chalkboard, sand hardboard. Spray-paint both sides with chalkboard paint. Place atop one desk top surface.

19. CROCHETED AFGHAN, page 34
Finished size is 49x63 in.
Materials: 13 skeins 3.5-oz. 4-ply knitting worsted, off-white; size H crochet hook.
Gauge: 4 dc. = 1 in.
Note: Entire afghan is worked in back loop of stitches only.
Instructions: Ch 184 sts. *Pattern for shell section:* Row 1: 1 dc in 4th ch from hook, 2 dc in same st, skip next 2 sts, 1 sc in next st, skip next 2 st,* 5 dc in next st (shell), skip next 2 sts, 1 sc in next st, skip next 2 sts, repeat from * across row, ending 3 dc in last st (half shell)—29 shells and 2 half shells.

Row 2: Ch 1, turn, working in back loop only, 1 shell in next sc, * 1 sc in 3rd dc of next shell, 1 shell in next sc, repeat from *, ending 1 sc in top of turning ch.

Row 3: Ch 3, turn, 2 dc in first st, * 1 sc in 3rd dc of next shell, 1 shell in next sc, repeat from *, ending 3 dc in top of turning ch. (Always count ch 3 as first dc of half shells.) Repeat rows 2 and 3 until 12 rows have been worked.

Pattern for dc section: Row 1: Ch 3, turn, working in back loop only, 1 dc in each st across (181 sts). Repeat this row 11 times.

Alternate shell pattern and dc pattern until afghan is 62 in. long, ending with shell pattern (5 shell sections, 4 dc sections). Do not fasten off.

Edging: With right side facing you, *5 dc in turning ch of next row (shell), 1 sc in last st of previous row, skip 1 row, repeat from * to first corner, working 1 shell in corner st and spacing shells as necessary for an even look. Work same edging on lower edge and remaining side edge. Fasten off. Tie and weave in thread ends.

If fringe is desired, cut yarn strands 10 in. long. Knot 5 strands in space between 2nd and 3rd st of shell st on three edges of afghan. Trim ends. Steam afghan lightly.

20. ETCHED-GLASS LAMP, page 34
Materials: 16-in. glass ginger jar lamp; 1 jar etching cream; 1 yd. clear adhesive-backed vinyl; crafts knife; masking tape; glass cleaner; small brush; washable marking pen; rubber gloves.
Instructions: Remove shade and wiring from lamp. Use glass cleaner on outside of jar.

You may want to do a practice pattern on an old jar or piece of glass.

Enlarge pattern *(below)*. Sketch de-

continued



6 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



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Fresh Menthol Taste with Ultra Low Tar. That's Success!

100 Ideas

sign position on lamp with marker. Using crafts knife, cut stems and grasses from adhesive-backed vinyl. Clip as needed to fit the curve of the glass. Remove the adhesive backing and apply vinyl to jar.

Fill in design with etching cream following manufacturer's directions and cautions. Work flower heads and leaves freehand, using etching cream applied in dots with brush. Work one area at a time, allowing it to dry before moving vinyl and working another area. Remove vinyl from final section after final drying time.

Using rubber gloves, wash cream from jar. Clean with glass cleaner. To make design stand out, rub white oil-base enamel paint into etched areas. Then wipe gently with a clean cloth. Repeat wiping until glass is clean but some paint remains in the etched grooves. Reassemble the lamp.

Note: To order a glass etching kit, see *page 149.* Kit contains 3 ounces Armour Etching Cream, a brush, hobby knife, super cleaner concentrate, reuseable gloves, 6 sheets Rub 'N' Etch stencils with applicator, and instruction booklet with 45 tracing patterns.

21. LACE WINDOW TREATMENT, page 34

Materials: 2¼ yds. 40-in.-wide lace; 6½ yds. 1¼-in.-wide lace trim; grosgrain ribbon in these sizes and colors: 8 yds. ⅝-in.-wide brown, 2¾ yds. ⅜-in.-wide brown, 1¼ yds. 2-in.-wide white or ecru; thread; 9½ yds. cording; 5 eyelets; eyelet pliers.

Instructions: Lay the 2¼ yds. lace flat and mark in fourths lengthwise. Mark for scallops at lower edge. Run gathering stitch up sides and along dividing lines. Loosely gather to fit window.

From 2-in.-wide grosgrain cut strip the width of curtain. With right sides facing, sew to curtain top for casing.

Run gathering stitch along one edge of lace trim. Gather, leaving width of wide grosgrain ungathered at each end. With right sides facing, pin trim to curtain sides and lower edge. Baste. Stitch, using ¼-in. seam allowances. Clip curves. Press seam toward curtain.

Cover gathering stitches on curtain with ⅝-in. grosgrain, extending onto casing, sewing both sides of ribbon close to edges to form casing for cording. Insert an eyelet at top of casing fabric near lace through each ribbon but not through lace. Thread piece of cord through each casing and eyelet, leaving cord at top to pull to side and tie. Stitch across cording and ribbon edge of the curtain.

Turn casing fabric to back. Stitch near bottom edge to form casing for curtain rod. Press.

Trim lower edge of ribbon with bows made from ⅜-in. grosgrain.

Thread curtain onto curtain rod. Pull cords to one side. Tie cords together. Draw curtain up to desired height. Secure cords at side of window with hook.

Note: It may be necessary to add a weight to casing to facilitate raising and lowering shade.

26. WALL CABINET, page 35

Materials: 1 sheet ¼-in. hardboard; pine pieces 9 ft. 1x2 in., 18 ft. 1x12 in.; 10x1-in. dowel; 13 ft. 1x¾-in. wood sliding door track; eight 4-in. lag bolts; two 26⅝x19⅜x¼-in. clear acrylic plastic; wood screws; finish nails; white polyurethane; oak stain; clear polyurethane; wood filler.

Instructions: From hardboard cut 20¼x54-in. rectangle for back. From 12-in. pine cut two 20¼-in. sides, two 52½-in. pieces for top and bottom, one 52½x11-in. shelf, two 9x11-in. dividers.

On hardboard back, dado channel for center shelf and center supports. On sides, dado for center shelf. On top and bottom, dado for support brace. With wood screws attach top, bottom, and sides to back and to each other.



From 1x2-in. pine cut four 25⅞-in. pieces for support braces. Secure to bottom of top and middle shelf.

Install middle shelf and dividers.

Dado top and bottom to accept door track. Countersink all screws and fill holes. Sand and paint with two coats white polyurethane.

Cut dowel in half for handles. Sand. Coat with clear polyurethane. Attach handles to plastic doors with oval-head wood screws. Sand and paint track. Insert plastic in track. Glue and nail track in place.

Mount cabinet to studs of wall with lag bolts.

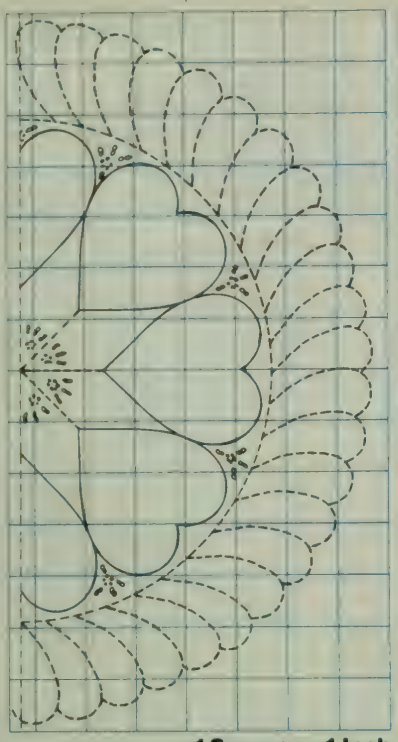
27. HEARTS CLOCK, page 35

Finished size is a 14-in. circle.

Materials: 45-in.-wide cotton fabric: ⅝ yd. white, ⅛ yd. berry; 18-in. square batting; ⅝ yd. white muslin; cherry-colored quilting thread; embroidery thread in green and berry; 14-in. round wooden embroidery or quilting hoop; quartz crystal clock mechanism; ⅜-in. clock numbers; 2⅛-in. clock hands; 14-in. circle heavy-duty poster board or hardboard; pencil for marking; glue.

Instructions: From white fabric cut 20-in.-diameter circle. Enlarge pattern *(right)* and transfer to center of fabric.

From berry fabric cut 8 hearts adding ¼-in. seam allowance. Appliqué berry hearts to white fabric turning fabric under ¼ in.



1 Square = 1 Inch

Position clock washer on fabric center where quilting lines cross. Mark outer edges lightly. Embroider pattern using French knots in center of clock outside the washer. Embroider pattern between hearts.

From muslin cut 20-in. circle. Place batting on muslin and appliquéd circle on top of batting. Baste together. Quilt around hearts, feather wreath lines, and center lines. Do *not* quilt across center of small circle where washer will fit.

With small sharp scissors poke a hole in center of circle. Make small radial cuts until clock mechanism shaft will fit through.

In center of poster board drill hole large enough for clock shaft to fit through.

Place quilted fabric in hoop, pulling fabric to back to remove wrinkles and centering one of the hearts with hoop's screw block. Cut off excess fabric on back, leaving ½ in. all around. Glue fabric to back of inner hoop.

Place poster board in back of hoop. Insert clock mechanism through poster board and fabric. Assemble clock pieces. Position clock numbers on fabric and glue them in place.

continued on page 54



Introducing: Plymouth
You've got to drive



Plymouth Voyager:
America's most versatile wagon.



Seats 2 **Seats 5** **Seats 7**

Just like magic, you can own a wagon that's three feet shorter outside than a big conventional station wagon, yet gives you even more carrying space inside. It has room for two or five passengers or, would you believe, an option for seven passengers.

Voyager is a front-wheel drive wagon with rack and pinion steering. It handles like a car, parks just as simply and easily fits in your garage. The New Chrysler Technology has created versatility GM, Ford and most of the imports haven't matched.



Would you believe the mileage?
37 EST. HWY. 24 EPA EST. MPG.*

*Use EPA est. mpg for comparison. Mileage may vary. Actual hwy. and Ca. ests. lower. **Whichever comes first. Limited warranty. Deductible applies. Excludes leases. Dealer has details. †Sticker price ex

Voyager, The Magic Wagon
t to believe it.



Garaging is simple.

Magic Wagon's convenient height, width d length make it simple to garage.



Would you believe a 5 year or 50,000 mile Protection Plan?**

It's easy to believe in Magic when it's protected for 5 years or 50,000 miles. Plymouth backs every Voyager that long: engine, complete powertrain and against outer body rust-through. No extra cost to you. No other wagon is protected like that.

You won't need Magic to own one.

At a base price of $8678† you and your family ride in sedan-like comfort. There's full-length carpeting, deluxe cloth or vinyl seats, power rack and pinion steering, power brakes with load sensing valve, 2.2 liter engine, 5-speed manual and plenty more. Sticker price of the Voyager LE shown is $10,935.†

Plymouth Voyager. The Magic Wagon. You've got to drive it to believe it.

Buckle up for safety.

Plymouth. Best built. Best backed.*

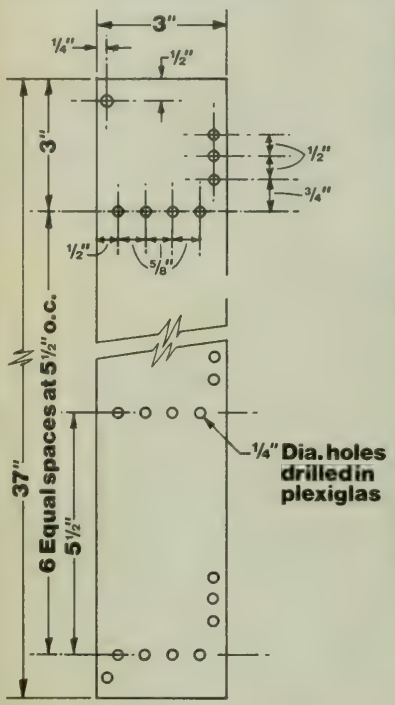
Plymouth

s. destination charges at time of publication close Dealer has information • Based on National Highway Traffic Safety Administration recall data for '82 and '83 models designed and built in North America.

continued from page 51

100 Ideas

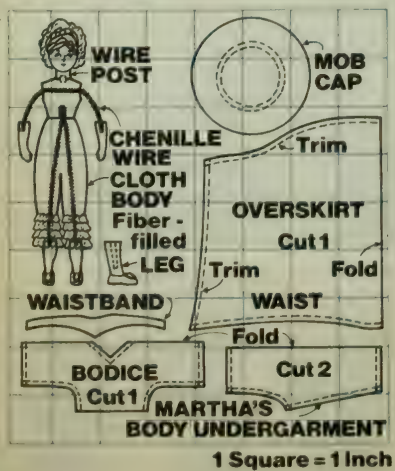
29. SPICE RACK, page 35



30. MINI-WASHINGTONS, page 36

Materials: Super Sculpey™; wire; 4 large chenille craft wires; acrylic paints or permanent markers; tacky glue; fiberfill; white mohair yarn; gold and black beads or small buttons; black felt; fabric scraps; aluminum foil.

Instructions: *Basic body construction:* With clean hands, form head and neck pieces for George and Martha from Super Sculpey™, using drawings *(below and above)* as guide. Make and attach ears for George. Insert ¾-in. wire into middle of neck base. Roll and round foil into half-moon shape to cradle heads while baking. Place both heads on foil-covered inverted pie or cake pan. Bake in 225-degree oven for about 20 minutes. When done, pieces are still partially soft until completely cool. When cool, paint faces following drawing.

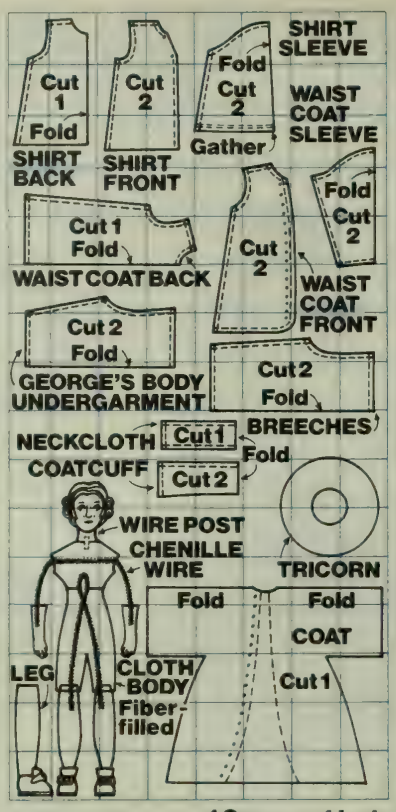


From Super Sculpey™ form chest plates. Position heads by pushing wires into chest plates. Remove heads. Make holes for attaching arms and legs. Form arms and legs. Make holes approximately ½ in. deep in arms and ⅝ in. deep in legs for attaching to chest. Bake chest plates, arms, and legs as for heads. Cool.

From chenille wire, cut 3-in. piece for Martha's arms and 3¾-in. piece for George's arms. Coat inside opening of chest plates with glue. Push arm wires through. Place glue in arm depressions and glue arms in place.

Paint shoes and stockings on legs using a color to complement Martha's dress and black and white for George. Use gold acrylic paint for buckles and dark brown for soles.

Cut two 5¾-in. chenille wires for legs. Fold wires in half and twist twice at top. Flatten and twist and insert 1 wire into base depression on each chest plate. Be sure they fit snugly. Glue in place. Glue legs in place. Let dry at least four hours before dressing.



Note: Pattern pieces fit dolls shown. However, due to differences in modeling, some pieces may have to be adjusted for your dolls.

Enlarge all pattern pieces.

Clothing: Undergarments: Cut body pieces from fabric. Hem top and bottom. Add lace to Martha's garments if desired. With wrong sides facing, sew from bottom of crotch to leg bottom on both pieces. Turn both legs and with right sides facing, stitch crotch seam. Gather garment top leaving enough thread to tie to doll's waist. Run a thin line of glue at each leg top and carefully slip garment onto doll and glue bottom of undergarments in place. When glue has dried, lightly stuff garments for body. Apply glue to clay waists. Tighten gathering and tie to fit.

Martha: For wig draw hairline on face. Apply glue to line and then to remaining hair area. Cut pieces of mohair to position on head, leaving mohair long enough to twist at back of neck and pile on top of head. Lay mohair down on both sides from center front part and from back of part to cover rest of head. Let dry. Twist and pile hair into style, gluing when necessary. Smooth hair and spray with hair spray.

Petticoat: From lightweight fabric cut 3½x6½-in. rectangle. Turn under ¼ in. on top and bottom; hem. With right sides facing, sew back seam. Turn. Gather top, leaving thread to tie around waist. Tack to undergarment.

Underskirt: Cut 3½x7½-in. rectangle. Follow instructions for petticoat.

Bodice: Cut pattern from same fabric as used for underskirt. Blindstitch neck seam. Hem sleeves. Gather four 3-in. pieces of ½-in. lace (two pieces for each sleeve). With right sides facing, stitch underarm and side seams. Turn.

Overskirt: Cut pattern from fabric. Hem. Add trim or braid to bottom and front openings. Gather to fit doll, leaving front opening and tack in place.

Fichu: Cut 1½x4¼-in. piece of chiffon, lawn, or lightweight muslin. Add lace to one long edge. Gather both ends and center back. Tack in place.

Waistband: Glue bodice pieces to lightweight cardboard. Cut pattern out. Place tightly around doll's waist. Tack in place.

Mobcap: Add lace to cap edges. Gather to fit doll's head. Trim with ribbon and bow. Glue or tack to doll's head.

George: Wigging: Apply glue to head as for Martha. With mohair, start with sideburns and glue up to center of head. Cover sides and back of head, leaving hair hanging. Let dry. For front hairline, glue mohair forward. Let dry. Fold over and glue at neck base. Gather side and back hair and secure with ribbon. Wet small pieces of mohair and curl around toothpick. Let dry. Trim to size

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and glue in place. Smooth hair and spray with hair spray.

Shirt: From white fabric cut shirt pieces. Turn under neck edge. Cut two 2x¼-in. pieces lace. Gather to fit between dots on shirt front. Stitch in place. With right sides facing, stitch shoulder and side seams. Turn. Hem bottom edge. Cut two 3½x½-in. lace pieces. Gather to fit sleeves. Tack in place. With right sides of sleeves facing, stitch arm seams. Turn. Gather sleeve tops to fit arm holes. Stitch. Place shirt on doll. Gather cuffs to fit wrists. Stitch front opening closed.

Neckcloth: From shirt material cut neckcloth. Wrap around doll's neck and tuck into shirt back.

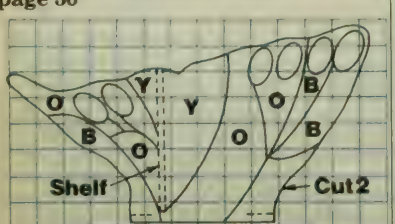
Breeches: From silk, satin, cotton, or lightweight wool, cut pant pieces. Construct as for undergarments. Sew buttons or beads on legs. Gather leg bottoms to fit. Gather waist to fit and tack in place. Add waistband if desired.

Waistcoat: Cut waistcoat from material similar to breeches. With right sides facing, stitch shoulder and side seams. Turn. Hem bottom edge. Blindstitch front facings and neck. Sew buttons or beads on right side of coat as shown on pattern. Overlap coat just below lace front on shirt. Continue with buttons closing both sides until just above hem where buttons are on right side only again. Patterns for sleeves have been included if you want to be able to remove George's coat. Complete as for shirt except omit gathering at wrists.

Coat: Cut coat from felt. Cut coat front on dotted lines. With right sides facing, stitch arm and side seams. Turn. Attach gold buttons on right side of coat. Cut cuffs from felt. Seam. Attach buttons. Stitch cuffs to wrong side of sleeves and turn.

Tricorn hat: Cut circle from felt. Dampen felt and place over rounded bottle cap, tube, or thimble. Anchor with rubber bands or lightweight wire. Form triangles by folding up three even sides and tacking in place until dry. Trim edge with braid if desired.

33. BUTTERFLY CORNER SHELF, page 36



COLOR KEY: **1 Square = 1 Inch**
Y - Yellow **B - Blue** **O - Orange**

35. EMBROIDERED BUTTERFLY, page 36

Finished size is 16x17 in.

Materials: Cotton fabric: 16x17-in. piece white, blue scraps; embroidery floss in green, pink, yellow, blue, and lavender; white quilting thread.

Instructions: Enlarge pattern *(below)*. Transfer to center of white fabric.

From blue fabric cut 4 edge pieces to fit side design adding ¼-in. seam allowance. Hand-stitch blue fabric to white fabric turning under seam allowance.

Using 3 strands of embroidery floss, embroider butterfly using chart *(below)* for stitches and colors.

Quilt blue edging with outline and a simple half-rose pattern. Quilt around butterfly design and in an enlarged diamond pattern from center of square on white fabric only.

Mount on backing board and frame. Or, if you prefer, use your embroidered butterfly for a pillow top. Simply add backing material and stuff.

COLOR KEY:	STITCH KEY:
1-Pink	A-Outline stitch
2-Yellow	B-Straight stitch
3-Green	C-French knots
4-Blue	D-Buttonhole stitch
5-Lavender	E-Running stitch

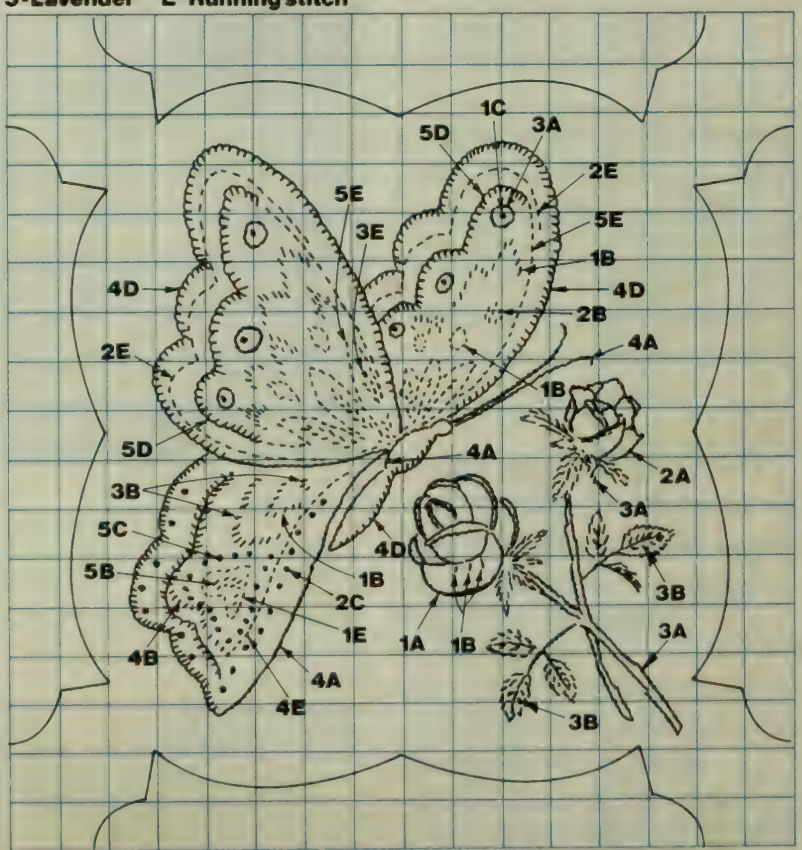
39. TRUCK BACKPACK, page 38

Materials: 1 yd. 45-in.-wide red quilted fabric; 45-in.-wide cotton fabric: ⅓ yd. black, ¼ yd. yellow, ¼ yd. white; one 30-in. nylon parka zipper; 1 pkg. black extra-wide double-fold bias tape; 2 yellow pompons; ¾ yd. 1½-in.-wide black strapping; thread.

Instructions: From red quilted fabric cut rectangles: two 13x14¾ in. for back and front, two 9x14¾ in. for sides, one 9¼x13¼ in. for bottom, one 9½x12 in. for top.

Enlarge pattern *(on page 58)*. Cut pieces from fabric. Use black thread for all appliqués. Machine-appliqué truck front pieces to quilted fabric front. Appliqué side pieces to sides, reversing design on one side to make one left and one right side. Appliqué top design to top. Zigzag-stitch outlines for wheels, fenders, doors, door handles, and below front windows. Zigzag-stitch double rows of white for hubs on black wheels.

Use wide zigzag stitch to apply bias tape to bag top edges at sides, front, and lid. With right sides together and using ½-in. seam allowances, seam 4 sides together and attach lid at back. Zigzag-stitch seam edges together. Following manufacturer's directions, install zipper to top of pack and lid, clipping zip-



1 Square = 1 Inch

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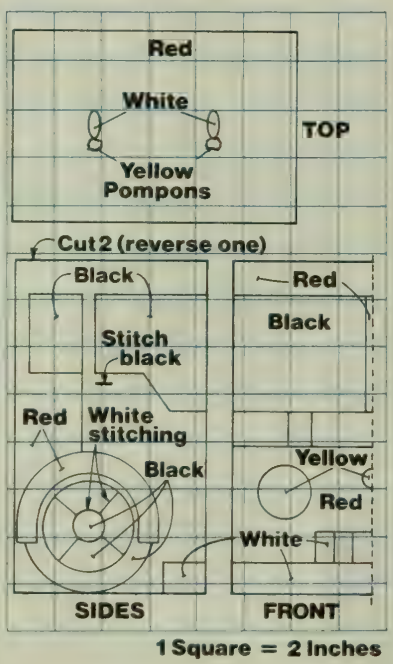
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continued

100 Ideas

per tape and easing at corners.

Turn bag wrong side out. With right sides together, sew bottom to sides. Turn right side out. On back, stitch ends of strapping 2½ in. from bottom and 1 in. from sides. Find center of strapping and stitch at top center of back in V shape. Stitch again near first stitching to reinforce.



1 Square = 2 Inches

40. SEMINOLE-TRIM APRON, page 38

Materials: 1¾ yds. permanent press unbleached muslin fabric; cotton fabric ¼ yd. dk. print, ⅛ yd. lt. print; 3½ yds. ⅜-in.-wide ribbon; thread; button.

Instructions: *Seminole trim:* Cut strips width of fabric: muslin, four 1½ in.; dark print, four 1¼ in.; light print, two 1¼ in.

Using ¼-in. seam allowance, sew strips together in order: muslin, dark print, light print, dark print, and muslin. Make sets of strips. Press all seam allowances toward bottom.

Cut across strips making 1¼-in. pieces. With right sides facing, offset top piece ¾ in. and chain-sew pieces together in pairs. (To chain-sew, you need not backstitch, lift presser foot, or cut thread between pairs.)

After all pairs are joined, cut threads between each pair. Open up pairs and chain-sew pairs together joining all pieces into one long band. Press seam allowances to one side.

Straighten end of band and cut to measure 1¾ yds. On muslin edges draw lines ¼ in. from dark print points. Cut along these lines.

Cut ribbon in half. Lay band on flat surface. Pin ribbon to both edges, lining up ribbon edge with dark print points. Baste. Topstitch near ribbon inner edge.

Apron: From muslin cut 1 skirt 32 in. long the width of fabric, 2 ties 3x31 in., 2 waistbands 2½x24 in., 1 neck strap 3x26 in., 2 bibs 10x11¼ in. tapering to 9¾ in. at bottom.

For bottom skirt hem, turn 6 in. of fabric toward right side. Press. Position trim on hem edge. Topstitch lower trim edge ¼ in. from raw hem edge. Topstitch near upper trim edge.

Hem skirt sides. Sew gathering stitch along top skirt edge. Gather.

Note: Use ⅝-in. seams throughout.

Topstitch trim to right side of one bib 2 in. from upper bib edge.

With right sides facing, fold neck strap and ties in half lengthwise. Stitch sides and one end using ¼-in. seam allowance. Turn. Press.

With right sides of bib facing and one end of neck strap in place between, sew around sides and across bib top. Trim seam. Turn. Press.

With right sides of waistband facing bib, sandwich bib and ties between waistband pieces. Stitch along ends and upper edge of waistband.

Baste right side of inner waistband to wrong side of skirt, adjusting gathers. Sew. Turn under seam allowance on outer waistband. Press. Topstitch to right side of skirt.

Sew button on inside corner of bib. Make buttonholes in end of neck strap.

43. TURRET PLANTER, page 39

Finished size is 12x12x12-in.

Materials: ¼ sheet ½-in. exterior plywood; paint.

Instructions: From plywood cut four 12-in.-square pieces. On top two corners of one piece mark spot 1½ in. from top and side. Draw 3-in.-diameter circles using marks as centers. On each side draw a line from bottom edge to bottom of circles ½ in. in from sides. Draw line between circles 9¼ in. from bottom. Repeat for remaining 3 pieces.

Half-lap pieces together by cutting ½-in.-wide slot half the length of each panel on each side, resulting in 2 panels with cuts from top and 2 with cuts from bottom. Fit pieces together, flush at top and bottom.

Cut along side lines, around top of circles, and across line between circles. Sand edges. Fit planter together. Paint.

If desired, cut piece to fit inside panels for bottom. Glue and nail to sides.

45. ROCKING GIRAFFE, page 39

Materials: Hardwood spindles: 27x1½ in., 16x1½ in., 3x¼ in. for ears; pine lumber: 6 ft. ¾x7 in. wide, 4 ft. 7/16x12

continued on page 62

The very first collector doll . . .
by one of the most gifted porcelain artists of our time.

The Strawberry Girl

by Kate Lloyd Jones

Meticulously crafted of fine bisque porcelain.
Hand-painted. $125.



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hen an artist of international renown eates her first work in a new medium, is news of great interest to collectors. id when that *first* involves the field of llector dolls, the news is especially gnificant. For doll collecting is not only ie of the oldest and most cherished rms of collecting, but today it has ached new heights of popularity both America and abroad.

Now, Franklin Heirloom Dolls is pleased to announce Kate Lloyd Jones' new "Covent Garden Collection." A suite of handcrafted costume dolls re-creating the charming street vendors of London's Covent Garden—the colorful marketplace where Professor Higgins found his fair lady. And, to inaugurate this important series, Kate Lloyd Jones has created a lady equally as fair, *The Strawberry Girl*.

A remarkable blend
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Inaugurating an important new series designed by Kate Lloyd Jones exclusively for Franklin Heirloom Dolls

has designed her first collector doll with all the wonderful detail, the sheer enchantment that are the hallmarks of her art. And The Strawberry Girl has been crafted so meticulously that you almost expect to hear her cheerful cry, "Buy my ripe Strawberries!"

In the tradition of the finest collector dolls, The Strawberry Girl's costume is completely *hand-tailored*. What's more, her dress authentically re-creates the fashion of the late 18th century . . . from her demure organdy mob cap and blue velveteen jacket to the dainty eyelet petticoat peeping from beneath her crisp cotton gown. And, like the rare and cherished heirloom dolls of yesteryear, her head, feet and hands are crafted from fine bisque porcelain and delicately *hand-painted*.

Here is a masterpiece of the doll-maker's art. Perfect in every detail from the delicate lace edging of her white neckerchief to the buckles decorated with pure 24 karat gold which adorn her black porcelain slippers. The result is a 16" costume doll that combines the very finest in traditional craftsmanship with the special magic of an *original* by Kate Lloyd Jones.

An unusually attractive price

Collector dolls of comparable size and quality are currently sold in retail stores for as much as $200 or more. But because The Strawberry Girl is available *exclusively* from Franklin Heirloom Dolls and *only* by direct application, we are able to offer you this fine collector doll at the attractive price of $125, payable in convenient monthly installments of $31.25 each.

Each imported doll will be individually crafted under the supervision of Franklin Heirloom Dolls (a division of The Franklin Mint whose reputation for creating works of unusual artistry and craftsmanship is world-wide.) Each doll will bear the distinguishing mark of Franklin Heirloom Dolls and will be accompanied by a Certificate of Authenticity signed by Kate Lloyd Jones and by a special display stand.

And wherever you choose to display The Strawberry Girl in your home, she will add a distinctive touch of beauty. And an important one as well. For she is the first in a suite of costume dolls portraying Covent Garden vendors like The Lavender Girl, The Milkmaid and The Ribbon and Lace Seller. And as the owner of The Strawberry Girl, you will have the opportunity—*but not the obligation*—to acquire any of these later dolls if you wish to do so.

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by Kate Lloyd Jones

Franklin Heirloom Dolls
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I need send no money now. I will be billed for my deposit of $31.25* prior to shipment of my doll. After shipment, I will be billed in three equal monthly installments of $31.25* each.

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Please mail by March 31, 1984.
Limit: One doll per collector.

Mr.
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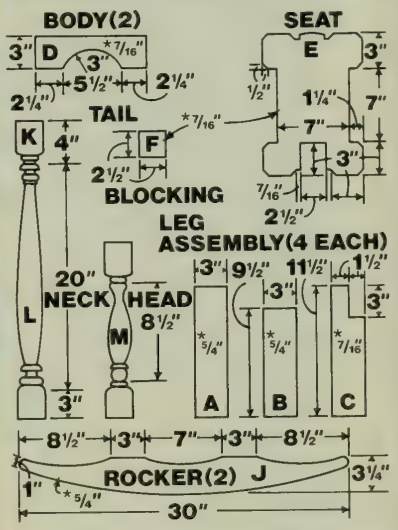
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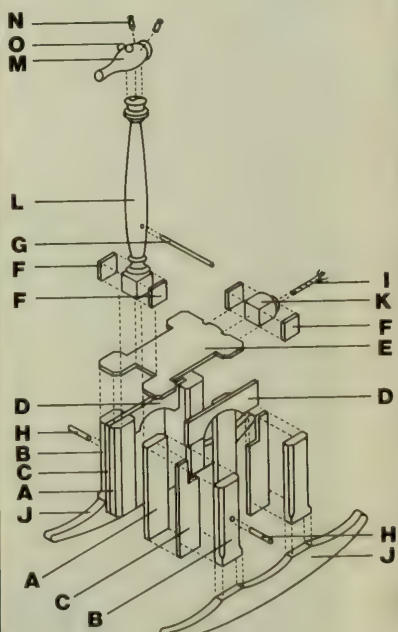
continued from page 58

100 Ideas

in. wide; 2 wooden beads; 6 in. ½-in. rope; wooden dowels: 8½x⅝ in., 8x1 in.; varnish; glue; nails.

Instructions: Following the diagram





(above) cut all pieces. Sand.

Glue two sets of legs (A, B, and C) together; avoid getting glue in slot created. Glue body part (D) into slot between two legs. Attach to one rocker (J). Repeat for second side. Drill holes in front legs for foot pegs (H) made from

continued

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continued

100 Ideas

two 4-in. lengths of 1-in. dowel.

In neck spindle top (L) carve out a groove for head spindle (M). Glue. Glue two blocking pieces (F) to sides of neck base. Drill holes for ears (N) made by cutting 3x¼-in. wood spindles in half. Glue ears in place. Glue wooden beads in place for eyes if desired. Drill hole through neck for handle (G) made from 8½x⅝-in. dowel. Glue in place.

Glue two blocking pieces (F) to tail (K). Glue neck and tail sections between leg sections aligning front and back of both halves so rockers are even. Clamp tightly until dry.

Fit seat (E) into position, trimming as necessary. Glue. Sand. Varnish. Drill hole in tail. Glue rope (I) into place.

46. PLAYROOM SLIDE, page 39

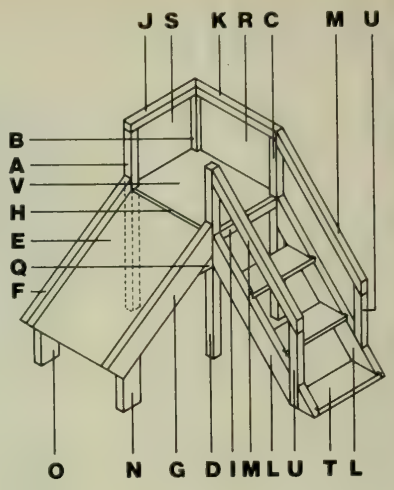
Materials: Pine: 24 ft. 2x4 in., 15 ft. 2x2 in., 4 ft. 1x6 in.; ½ sheet ½-in. particleboard; 20x16x⅛-in. tempered hardboard; four 2½x¼-in. lag bolts; screws; glue; nails; varnish.

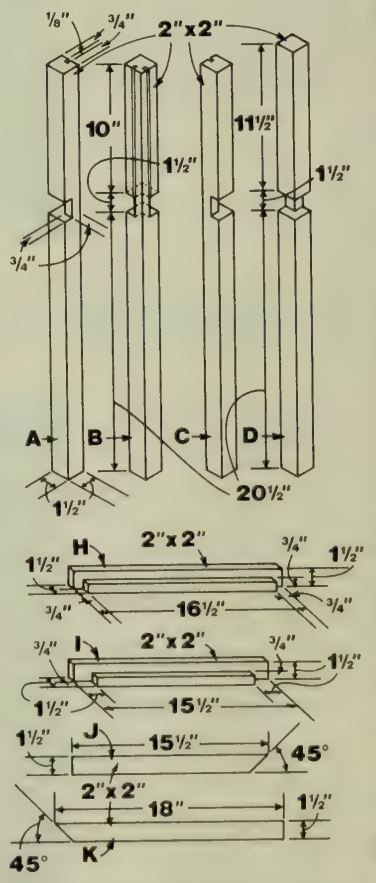
Instructions: Following diagrams *(right and on page 68)*, cut pieces as indicated. Sand all pieces.

Assemble tower by gluing and nailing platform supports (H, I) to 4 legs (A, B, C, D). Insert panels (S, R) into slots cut in legs. Glue and nail tower railings (J, K) on top. Glue and nail platform (V) in place.

Assemble stairs by inserting treads (T) in slots on stringers (L). Glue and nail. Glue and nail upright rail supports (U) to stringers. Attach stairs to

continued on page 68





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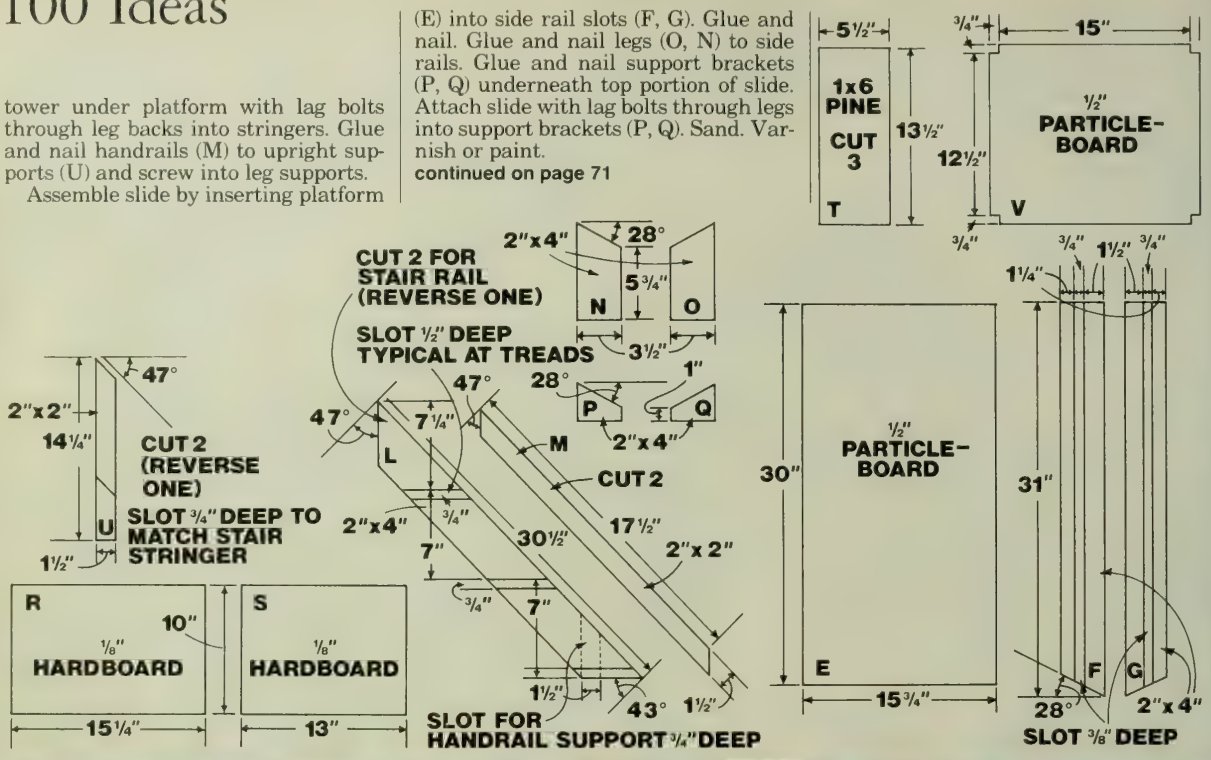
continued from page 64

100 Ideas

tower under platform with lag bolts through leg backs into stringers. Glue and nail handrails (M) to upright supports (U) and screw into leg supports.

Assemble slide by inserting platform (E) into side rail slots (F, G). Glue and nail. Glue and nail legs (O, N) to side rails. Glue and nail support brackets (P, Q) underneath top portion of slide. Attach slide with lag bolts through legs into support brackets (P, Q). Sand. Varnish or paint.

continued on page 71



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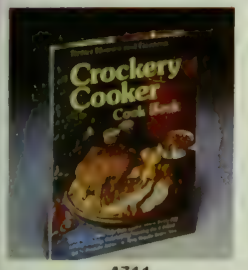
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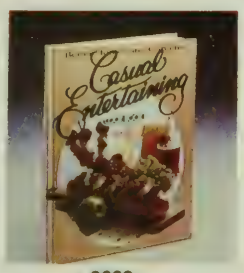
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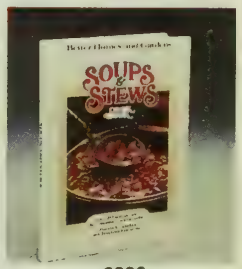
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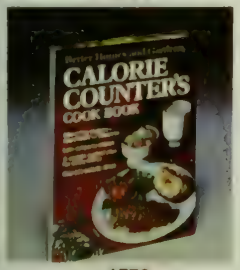
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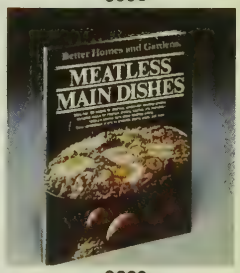
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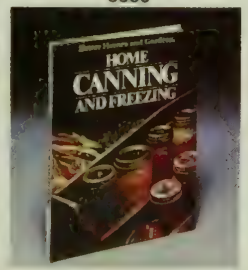
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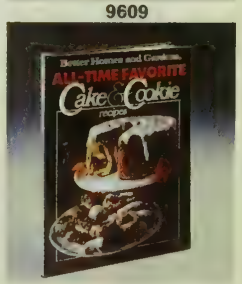
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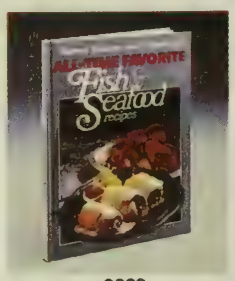
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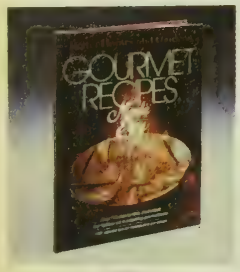
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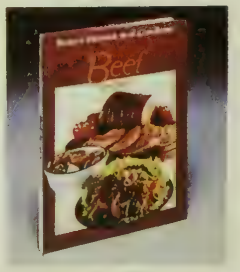
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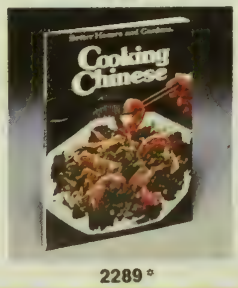
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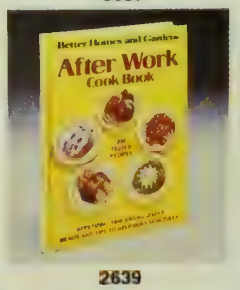
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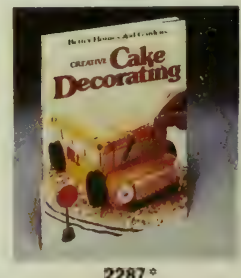
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100 IDEAS UNDER $100

48. When-I-Grow-Up Quilt $85

Enliven a child's room with this delightful 80x96-inch quilt depicting 16 of the options available "When I grow up." The individual quilt blocks also make charming pillows.

To order pattern 01289, see page 149.

When-I-Grow-Up Headboard $35

Complement the quilt with a matching wall-hung headboard displaying four childhood fantasies. Finished size is 52x32 inches.

To order kit 28203, see page 149.

When-I-Grow-Up Dolls $13 each

Stitch and stuff an 18-inch-tall girl or boy doll and dress it in the occupational outfit of your choice. Our girl doll kit, 28140, contains patterns to make eight different outfits. The boy doll kit, 28141, also comes with patterns for eight changes of clothes. The outfit patterns for each doll match those on the quilt.

To order kits 28140 and 28141, see page 149. Girl and boy doll kits can be ordered together, kit 28142.

Ideas 1-47 begin on page 29.



100 IDEAS UNDER $100

49. Rolltop Desk $99

Our 32-inch-wide desk has pigeonholes to organize your writing supplies. The tambour roll can be let down and locked to conceal confidential papers.

50. Oak Desk Chair $38

Here's a solid-oak, no-nonsense chair.

To order Project Plan 50494 for desk and chair, see page 149.

51. Triptych Frame $25

Give three inexpensive wood frames more importance by adding a top and a base. The end frames will swivel.

52. Plant Stand $28

Three three-foot lengths of rope-twist doweling, three circular shelves, and three ball finial feet are all you need to assemble this handy plant stand.



49, 50, 51, 52, 53



54





56

53. Wall Pocket $22

A takeoff of the Victorian wall magazine racks, this project is simply an 11x14-inch frame hinged to a 14x18-inch frame. Add brass eyelets and chains to sides of frames. Fill the back frame with a 14x18-inch piece of decorator hardboard and the front frame with a favorite print or painting that can be changed when you wish.

54. Oak Bookcase $99

A 31x50x12-inch bookcase with glass doors will keep your printed treasures dust free.

To order Project Plan 50496, see page 149.

55. Easy Breakfast Counter $75

Need a nook for breakfast or a fast snack? Cut a standard 36-inch square table in half and attach each half to the wall with large metal brackets screwed into the studs. To save floor space, the stools can be pushed under the table when they're not in use.

56. Jewelry Case $37

You'll be able to find each favorite piece of jewelry when everything is neatly stored in this see-through case with a revolving core.

To order Project Plan 50481, see page 149.

57. Fabric Stationery Case $6

Corral your writing materials in a portable, good-looking velveteen case.

58. Wood Stamp Case $3

House a roll of stamps in a simple box assembled from wood scraps and a little hardware.

Materials: 2x2x1½-in. wood block; 2x2x½-in. wood block for top of box; $\frac{5}{32}$x2¼-in. stove bolt, washer, and nut; small cabinet knob or lamp finial.

Instructions: Bevel edges of top piece (optional) and drill hole in center to accept the stove bolt. Drill 1¼-in. hole 1⅛ in. deep in center of 2-in.-square block. Countersink stove bolt from bottom of block. Secure bolt with washer and nut inside bottom of base. Cut 45-degree angled slot 1⅛ in. deep in one side of block.

Sand wood surfaces and finish with tung oil or polyurethane. Let dry.

Drop roll of stamps over bolt and feed end through slot. Add top block and secure with small knob. Cover bottom of box with felt, if desired.

59. Doorknob Paperweight $5

Drill hole in center of three-inch square or round of wood and push in a decorative doorknob. Finish wood with varnish or polyurethane.

60. Pillow-Sham Art $42

Preserve your child's best artwork by tracing its outline onto pillow shams and filling in the colors with fabric paints. Then back the front of each sham with batting and machine-stitch around the design to gain a quilted effect. "Frame" your pillow shams by trimming them with several colors and widths of eyelet.

61. Chick-in-Shell $2

Chicken hawk overhead? Hide this terry cloth chick in his calico-lined muslin shell until the danger's over.

Hatch extras for Easter surprises instead of buying live, dyed chicks. Our chicks are quieter and cleaner.

How-to instructions begin on page 122.







100 IDEAS UNDER $100

62. Stuffed Fruit: Strawberry $2, Banana $19
"Hull" our stitch-and-stuff strawberry by unbuttoning the stem and leaves. "Peel" our droll banana by unzipping the outer cover.

Let your imagination run wild and create the fruits of your choice, complete with snaps, hooks and eyes, and other types of fasteners.

63. Spindle Washstand $44
Four turned spindles become legs on this handy stand for a bathroom, a bedroom, or any room where you need a storage unit with a drawer and shelf.

64. Shower Curtain $28
Add drama to a bathroom with this appliquéd shower curtain. Use plastic liner curtain to keep your big bird dry.

65. Punched Rug $15
Repeat the basic design of your shower curtain on a matching 2x3-foot rug to give the room a coordinated look.

66. Pineapple Rug $20
Step out of the tub onto an absorbent terry cloth pineapple. Repeat the design with appliquéd pineapples on your shower curtain, if desired.


62


63, 64, 65


66

67. Rocking Bench $46

This slatted rocker can be assembled simply once you have the parts cut out. Finish with paint or leave natural.

68. Magazine Rack $18

Canvas pockets hold lots of reading material in this simple ladderlike rack. If desired, add a plate-glass top to turn the unit into a coffee table.

69. Cane Place Mat and Napkin Ring $11 per set

Cut an oval from rattan cane seating material, glue and bind the edge with bias tape. Use the same technique to form a napkin ring.

70. Wall-Hung Balloon $15

House the playroom favorites in a basket beneath a stuffed felt balloon.

71. Doll High Chair $6

This 18-inch-high high chair is big enough for most dolls. It's made from wooden dowels and pine lumber with a tray that lifts. Finish it with varnish as we did or paint it to match your favorite little girl's room.

To order Project Plan 50480 for high chair and cradle (project 94), see page 149. How-to instructions begin on page 122.



67, 68


69


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71

100 IDEAS UNDER $100

72. Trojan Horse Toy Box $16

Like the ancient Greeks' gift, our waferboard horse contains secrets: a storage cavity beneath the saddle, and a second hiding place in the mouth.

To order Project Plan 50486, see page 149.

73. Child's Coat Rack $61

Stand a four-foot spindle upright by adding four shelf brackets to one end. Drill angled holes for ten 3-inch dowels. Sand, paint, and add decals.

74. Padauk Drum $12

This wooden drum emits resonant *muted* tones no matter how hard you beat the top with rubber mallets.

75. Indestructible Racer $6

Drop it, crash it, jump on it—this 15-inch-long car can withstand abuse.









76. Mail Drop Box $18

If your mail slot is a drafty nuisance, cover it with a simple see-through box. The transparent front lets you know at a glance if the mail has arrived.

77. Necktie Rack $8

Hang ties, scarves, belts, or whatever you wish on this simple rack. Cut a bow tie shape from an 8x12x¾-inch board. Drill twelve ¼-inch-wide holes and glue in 1½-inch dowels. Paint, let dry; and hang your rack on the wall.

81



82





79

78. Dyed Rainbow Garment Bag $29

Make this colorful clothes carryall and you'll never again have trouble finding your bag in a pile of plain, ordinary-looking luggage.

79. Zoology Quilt $35

Creatures from the animal kingdom cover this 66x77-inch, child-sized quilt.

To order pattern 01300, see page 149.

80. Crib/Changing Table/Youth Bed $80

When baby's too big for the crib, you can simply turn it into a youth bed.

To order Project Plan 50487, see page 149.



80



80

81. Flower Cart $99

Drop a dozen pots of blooming plants into the holes in the top of this cart and wheel it into the sun. The 12-holed top lifts out when you need the empty cart to transport heavy items.

82. Pyramid Playhouse $50

A new generation of youngsters will climb up, around, and inside this colorful pyramid just as happily as their parents did when we featured an earlier version over 20 years ago.

To order Project Plan 50482 for playhouse and clown seesaw (project 10, shown on page 32), see page 149.

How-to instructions begin on page 122.

100 IDEAS UNDER $100

83. Oak Coffee Table $84
This 42x24-inch short-legged version of an old Mission oak library table features a drawer and a slatted magazine shelf flanked by bookracks.
To order Project Plan 50495, see page 149.

84. Patchwork Pillows $4 each
The classic Courthouse Square quilt block pattern is ideal for throw pillows.

85. Tulip Quilt $63
This bed of colorful tulips is so eye-catching you may want to use the quilt as a dramatic wall hanging.

86. Appliquéd Headboard $50
Slipcover a dated headboard with prequilted fabric appliquéd with a design that complements the bedcover. Our squirrel and acorns design makes


83


84


85


86, 87

a natural companion for the antique oak leaf quilt on the bed.

87. Oak Leaf Quilt $52

Appliquéd golden oak leaves make a simple but elegant quilt that looks great whether you put it on a bed or hang it on a wall.

88. Carpeted Photo Gallery $42

Hang your family photos on carpet, and you can change them easily without worrying about leaving unsightly nail holes in the wall. Glue a piece of carpet to ¼-inch plywood, frame with molding, and secure to the wall. If desired, make matching frames from narrower molding.

89. Hall Table $86

This 48x14x29-inch-high cherry table works great in a hallway or behind a sofa; but it can serve anywhere you need a good-looking, narrow table.

Materials: 10 ft. 1x8-in. cherry lumber; four 2x2x30-in. cherry furniture squares; scrap pine; 2 drawer pulls; screws; nails; glue; twenty-four ⅜x2-in. dowel pins; ¼ sheet ¼-in. hardboard; stain; polyurethane.

Instructions: *Note:* Sand all pieces as you work.

Cut furniture squares for legs to 1¾ in. square and 28¼ in. long. Bevel bottom ¼ in. at 45 degrees.

From lumber cut 7⅛-in.-wide skirts: 2 end skirts 10½ in. long and 1 back skirt 44½ in. long. Fit end skirts between legs ¼ in. from front and flush with leg tops. Dowel-pin and glue; let dry. Fit back skirt flush with leg backs and top. Dowel-pin and glue.

From cherry or scrap pine cut two ¾-in. pieces to fit inside end skirts. Screw pieces inside end skirts.

Cut four 1x2-in. cherry or pine pieces to fit between legs flush at top and bottom on back skirt and set in 1 in. at top and rail bottoms.

From cherry cut two 1¾-in. rails for front and 3 pieces 1¾x3½ in. for vertical rails. Dowel-pin and glue together. When dry, glue and nail to 1x2s and legs.

From cherry cut 2 drawer guides 1¾ in. for sides and one 3¼ in. for middle. Rabbet ½x½ in. for drawer on each end guide and each side of middle guide. Glue and nail between back skirt and rails.

From cherry, square board edges and dowel-pin and glue together 14x48-in. (minimum) tabletop. Clamp till dry. Belt-sand and finish-sand. Cut to 14x48 in. Use beading bit in router to cut design on end and front edges, if desired. Glue and screw top to base through 1x2s.

From cherry rip two ¾x1¾-in. drawer guides. Glue and nail on edge between back skirt and rail in center of drawer openings.

From cherry build 2 drawers to fit openings, using hardboard for drawer bottoms. Rabbet fronts ⅜x⅜ in. If a drawer-front design is desired, set table saw to 10 degrees and run blade into wood fence screwed to saw fence. Set depth to 1 in. or depth needed for your blade. We used a 60-tooth carbide blade. Check cut on scrap lumber before running drawer fronts through on all 4 sides. Sand; glue and nail together. Finish with stain and polyurethane.

To order Project Plan 50493, see page 149.
How-to instructions begin on page 122.



88, 89

100 IDEAS UNDER $100

90. Fabric Kite $12
Sew up a broadcloth six-foot-wide delta kite and embellish it with colorful home and garden appliqués.

91. Casserole Carrier $7
Transport hot dishes safely with this carrier. It's easy to make from half a yard of quilted fabric, two big buttons, bias tape, thread, and a 16-inch zipper.

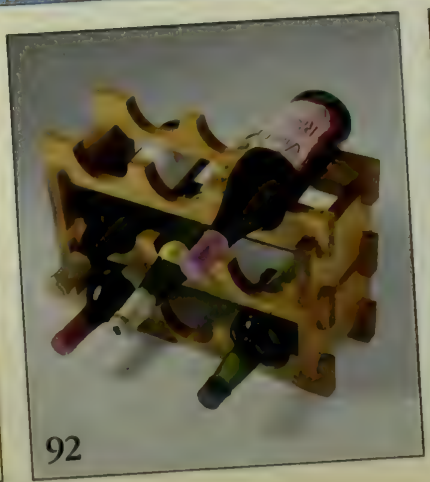
92. Oak Wine Rack $12
This sturdy rack slips together easily.

93. Picnic Tablecloth $22
Sew elastic into the corners of your picnic cover to keep it anchored in playful breezes. Pockets hold utensils.

94. Doll Cradle $26
A pair of pink-checkered elephants


90


91


92


93

guards dolly's sleep. Outline each pachyderm with black cord.

To order Project Plan 50480 for doll cradle and doll high chair (project 71, shown on page 75), see page 149.

95. Lion Backrest $16

Let the king of the jungle cuddle your little ones. He's really just an overgrown pussycat covered with fake fur and stuffed with fiberfill.





98, 99, 100

96. Rooster Bookends $7

Get a wrought iron look by painting cutout particleboard shapes with model paints. Flat metal strips screwed to the bottom provide the book braces that keep the roosters upright.

97. Whale Cutting Board $8

Feed the wood whale your scraps and save the rest in the metal bowl nestled in the curve of Moby Dick's tail.

98. Yellow Umbrella $50

Dismayed at the prices of store-bought outdoor umbrellas? This one will shelter you from sun or rain for less.

99. Patio Cart $97

This durable outdoor living center has lots of counter and storage space for your barbecue and other supplies.

To order Project Plan 50489, see page 149.

100. Lounge Chair Cover and Pillow $25

Give a faded chaise new life with an easy-to-sew denim slipcover and matching pillow.

How-to instructions begin on page 122.
Buying information, page 148.
All credits, page 147.





ONE-STOP DECORATING

Country French Charm

By Robert E. Dittmer and Karol Brookhouser

Creating a personal decorating style that reflects your tastes and way of living is easier than ever today. Full-line retail stores and mail-order catalogs not only offer coordinated furniture, fabrics, wallpapers, and accessories, but they also provide good ideas about how to combine furnishings for a look that's uniquely your own. This sun-filled bedroom scheme, for instance, was created with furnishings from an Ethan Allen Gallery.

At the heart of this country-fresh scheme are a handsome armoire and a caned headboard with romantic French styling. Their warm, rustic finish is accentuated with gracefully carved scrolls and scallops.

To heighten the cozy atmosphere created by the provincial-style pieces, a blue documentary print covers the love seat and a plump duvet. Deep plum is pulled from the fabric and repeated on the ceiling beams, setting off the coordinated wallpaper in the bed niche. The floor, enameled a shiny, lemon yellow, wraps the room in an unexpected glow.

Finishing touches, like the kidney-shaped side table and the caned-back fauteuil chair, imbue the scheme with timeless elegance. Other accents, like the dhurrie rug, the porcelain bird figurine, and the carved wooden goose look as if they've been collected over the years, but they, too, are all from the same store.

SHOPPING LIST

Armoire	$1,520
Headboard	$420
Love seat	$1,035
Side table	$315
Armchair	$475
Drop leaf table	$260
Fabric	$20/yard
Wallpaper	$14/single roll
Rug	$250
Wall lamp	$170
Table lamp	$100
Bird figurine	$40
Goose	$120
Brass box	$60
Brass flowerpot	$40

Photograph: Scott Little
Design: Robert E. Dittmer





Top-Notch Kitchens

By CarolAnn Shindelar

Truly top-notch kitchens have a stylish flair that catches your eye and begs you to take a second look. Whether you favor city chic or country charm, you'll enjoy looking twice at these two kitchens, designed by Better Homes and Gardens *in conjunction with Whirlpool Corporation.*

City Slick





Chic, sleek styling, cool, subdued colors, and the latest in materials and appliances add up to a smashing contemporary look in this kitchen. From the recessed skylight to the gray vinyl, raised-dot floor, there's no doubt that this kitchen was designed for the '80s. But look past that slick exterior and you'll see a no-nonsense floor plan and clever storage strategies that make this kitchen hardworking as well.

The heart of the kitchen is the central working core *(right).* With the sink at the center and the appliances spaced around it—ovens to the right, refrigerator and compactor to the left, and cooktop in the island—food preparation and cleanup can be handled with a minimum of steps.

Imported cabinets with a lustrous lacquered finish surround the work area. The cabinets reach to the ceiling and are topped off with rounded gray molding. Open shelves "suspended" from the glass-block backsplash store utilitarian dinnerware, and also display fine crystal and handsome casseroles.

The glass-block theme is repeated in the pedestal base of the island *(above left).* The island is 4x8-feet, and, like the counter behind it, is topped with white Corian. Shallow drawers around the island *(above right)* provide space for linens and kitchen accessories; the Corian drawer fronts help give the island a unified look. At night, a row of fluorescent tubes hidden in the pedestal can be turned on for even more impact.









A home computer has its own little niche to the left of the island (top). *Open storage shelves above the display terminal hold user manuals and software; the drawer below is handy for stashing catalogs, bills, and the telephone book.*

Next to the home computer, a tall cabinet hides a stacked washer and dryer (above). *When the cabinet was modified to hold the laundry equipment, enough space was left on the right for shelves to hold detergents and fabric softeners. On laundry day, the island doubles as a folding table.*

Photographs: Hedrich-Blessing
Design: Ronald F. Katz, AIA





Country Warm

Although the roots of this kitchen are clearly country, its updated styling is refreshingly contemporary. Too many cooks will never spoil the soup here; distinct working and serving centers provide space for each activity, yet are conveniently sized for a single cook, too.

The microwave oven and range at the center of the kitchen *(right)* are the pivot point for the cooking and cleanup area on the right and the baking and serving area on the left. Most meal preparation takes place on the countertop between the refrigerator and range. The dishwasher and trash compactor are handily located at the sides of the sink. Above the sink is a sunny, shelved window filled with pots of herbs and small houseplants.

On the other side of the room *(above left)*, the baking and serving area merges with the entertaining center. Neatly divided shelves provide plenty of space for storing wine; stemware racks below the shelves hold a good-sized collection of wineglasses. An ice maker and bar sink in the corner facilitate large-scale entertaining. The bar sink also is handy for cleaning up after baking projects.

The updated country look of this kitchen is enhanced by the natural pine cabinets. Several of the upper cabinets were left open to provide display space for tableware and baking accessories, as well as quick access to cookbooks and often-used seasonings. The floor and ceiling are pine too; bleached, clear pine planks top the floor, and the hollow "beams" crisscrossing the ceiling are fashioned from 1x8s.

To give the kitchen a bright, cheery look, red window-grid wallpaper was used on the backsplash and behind the open shelves. The countertops are almond ceramic tile to match the appliances.

The finishing touch for any country kitchen is a family-sized dining table in the center of the room. This one is circled with bow-backed chairs and a sturdy pine bench *(above right)*, providing seating for at least six hungry people.

To build the table, bench, and the backless bench next to the pantry *(opposite, bottom right)* order Project Plan 50498 on page 149.









When it's not used for dining, the painted red table (top) *does double duty as a work counter. The table has a Corian inset that is an ideal surface for rolling pastry.*

Concealed in the end wall of the kitchen is this pullout pantry (above), *which stores bulky cans and bottles on six tall shelves. The side panel of the pantry is covered with a wire grid for hanging pots and pans, oversized baskets, and a miscellany of utensils.*

Buying information, page 148.

Photographs: Hedrich-Blessing
Design: Michael Haskins and Raymond Waites, Gear, Inc.



GREAT SOUPS From Homemade Mixes

By Nancy K. Wall

Soup's on! You can cook up a homemade potful more easily and quickly than starting from scratch, with the help of two versatile soup mixes. Make up recipe-size bundles of the soup mix in assembly-line fashion to keep on hand in your pantry. When it's soup-making time, simmer one bundle of mix with two or three of your favorite ingredients.

BEAN Choose-a-Bean Soup Mix allows you to combine up to six kinds of beans with wheat berries, barley, and seasonings. Use the mix to make the trio of soups shown here or create your own delicious soup combinations.

(Counterclockwise from back left) For *Spicy Bean Pot,* cook the mix with ground beef, tomatoes with peppers, and chili powder; serve your creation in tortilla bowls. *Meaty Vegetable Soup* is chock-full of tomatoes, carrots, and pork hocks. *Cheese Bean Soup* gets its savory flavor from smoked cheese.



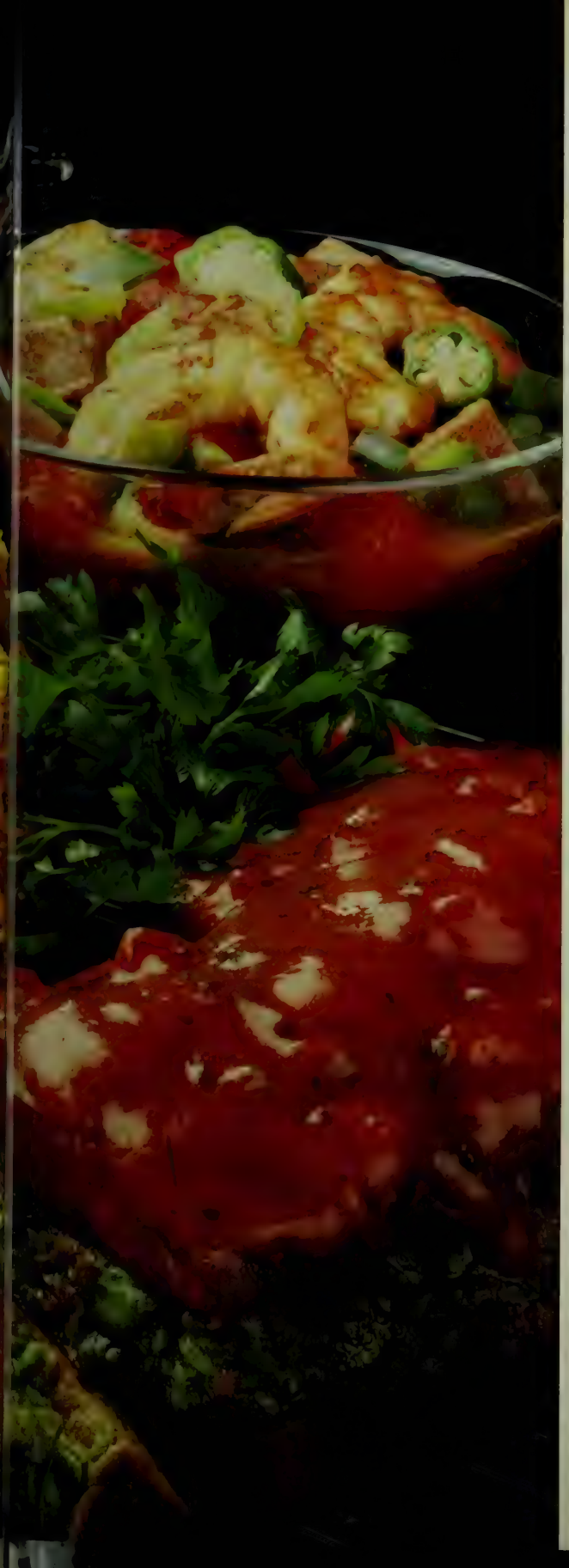
PASTA From a light and elegant first course to a healthful and hearty main dish, each of these savory soups gets its start from the versatile *Pick-a-Pasta Soup Mix*. It's a made-to-order combination of pasta, lentils, Parmesan cheese, and dried onions, plus the seasonings.

(Clockwise from back right) *Pea Pod Appetizer Broth* is a superb start for a special dinner. Minutes before serving, simply add frozen pea pods and soy sauce to the cooked pasta soup mix. To punctuate the soup's Oriental style, mild enoki mushrooms and coriander garnish each serving. Evaporated milk imparts richness to *Indonesian-Style Chicken Chowder.* Either cooked chicken you have on hand or canned chicken can be added to this main-dish soup that's delicately spiced with curry. For pizza flavor without the pizza crust, serve *Pepperoni and Vegetable Soup.* Vegetable juice cocktail adds zest to the soup base. For a flavor-filled change of pace, you can substitute smoked sausage links for the pepperoni.

Recipes begin on page 111.
Buying information, page 148.

Food stylist: Fran Paulson. Photograph: Mike Dieter


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MICROWAVE COOKING

Nancy K. Wall

One of today's best answers to preparing home-cooked meals quickly is your microwave oven. You can speed-cook your favorite recipes solely in the microwave oven or team your microwave and conventional oven to streamline cooking steps. Explore some of the possibilities by sampling these recipes. We've also included conventional cooking alternatives for families without a microwave.

Converting Favorite Recipes

Prepare these family-pleasing recipes with ease—Pea and Cheese-Stuffed Steak, Zesty Chicken Bites, Shortcut Gumbo, and Apple and Spice Upside-Down Cake.

Photographs: Mike Dieter
Food stylist: Fran Paulson

Saucy main dishes and high-moisture foods such as poultry, vegetables, and fruits make ideal candidates for microwave redos.

One big plus of micro-cooking ***Pea and Cheese-Stuffed Steak*** *(center front)* is the succulent, juicy result. Another plus lies in cleanup; there's no messy broiler pan to wash!

Zesty Chicken Bites *(center back)* make a first-rate appetizer version of oven-fried chicken. A nonmetal rack (to elevate the chicken pieces over their juices) plus the nut and sesame seed coating, promise crisp results.

Southerners say that the color and flavor of great Gumbo lies in the preparation of the roux. This thickening mixture of flour and fat takes 35 to 40 minutes to cook. In this spicy-hot ***Shortcut Gumbo*** *(back right)* you can prepare the traditional thickener in 20 minutes.

For a dessert that's ready in minutes and just as tasty when cooked in the microwave as when cooked in the conventional oven, choose ***Apple and Spice Upside-Down Cake*** *(back left)*. Generally, micro-cooked cakes lack a golden brown color when compared to conventionally baked cakes. A fancy swirl of paper-thin apple slices serves as a decorative and delicious finish.

Recipes begin on page 96.
Buying information, page 148.





These eye-catching foods benefit from combination cooking—Winter Parsnip Puff, Biscuit-Topped Turkey Pie, Swirl Breakfast Loaf, and Pear Meringue Tarts.

MICROWAVE COOKING

Teaming Microwave and Conventional Ovens

Using your conventional oven, range top, or broiler along with your microwave oven often offers best results. Combined cooking methods create appealing, delicious foods in the shortest time with a minimum of effort.

Micro-cooking brings out the natural flavor of foods, especially vegetables. Micro-cooking the parsnips for ***Winter Parsnip Puff,*** *(back left)* gives you the finest vegetable flavor plus fast cooking. Once the pie is assembled, conventional baking assures that the delicate egg, cream cheese, and cream mixture turns out light, fluffy, and irresistible.

For convenience and speed, prepare the saucy turkey-rutabaga filling for ***Biscuit-Topped Turkey Pie*** *(front left)* in the microwave oven; for golden color, pop the pie in your standard oven to bake the sage-garnished crust.

To shorten the time it takes to make such yeast breads as ***Swirl Breakfast Loaf*** *(front right)*, let the dough rise in your microwave oven. The 10 percent power setting (LOW) is required for proofing the dough in the microwave. Each tasty slice of the home style loaf features spicy micro-plumped currants.

Piecrusts and pastries prepared in the microwave are tender and flaky, but lack the traditional golden color. In ***Pear Meringue Tarts*** *(back right)*, the ground pecans in the pastry add color and crunch. After you micro-cook the tart shells, pears, and orange sauce, assemble all the parts. A final piping of meringue and two minutes under the broiler complete this party-special dessert.

Recipes begin on page 96.
Buying information, page 148.

Microwave Cookware Update

As microwave ovens have become more and more popular, new varieties of microwave-safe cookware have become widely available. Here are helpful buying tips plus handy information on some of the most useful accessories.

Before you start shopping for your microwave-safe items, remember to read your owner's manual for cookware recommendations. Other points to keep in mind include:

- Round dishes, which allow the microwaves to penetrate the food from several different angles, give more even cooking than square or rectangular ones. Square and rectangular shapes are most satisfactory if they have well-rounded corners to prevent the food from overcooking.
- Ring-shaped dishes enable the microwaves to heat the food equally from all angles.
- Straight-sided containers distribute the food evenly. Slope-sided ones cause uneven heating of the food because the microwaves become concentrated in the shallow areas.
- The depth of the dish is as important as its capacity. Food cooked in a shallow dish will cook at a different rate than food cooked in a deep dish. Follow the directions in your recipe.
- The dish size affects the cooking time and the frequency of cooking attention needed. A small amount of food closely contained in a custard cup makes more efficient use of the microwaves and the food will cook faster than food that is spread out in a large baking dish.
- Besides saving storage space, nested casserole sets can be used to keep foods hot for serving because the outside casserole acts as an insulator.
- Easy-to-clean cookware adds time-saving convenience. A bonus is that many brands can go from the freezer, to the microwave, to the table, to the dishwasher, making fewer dishes to wash. Plastic cookware may vary in the amount of care that is required. For example, some brands are more stick- and stain-resistant than other brands.

Plastics

Most plastics can be used in the microwave oven, but some are suitable only for heating foods; they will melt or distort at high temperatures. Others are suitable for both heating and cooking. These dishes, designed from such plastics as Udel Polysulfone and Micrel, offer fast and even cooking, yet stay cool to the touch. If you want cookware for all microwave uses, look for labels like "safe for microwave cooking" or "microwave-safe."

Melamine, a plastic resin, cannot be used in the microwave. Products made from this material are not transparent to microwaves; that is, they actually absorb heat and become hot, but the food inside the container doesn't cook.

Glass

A number of manufacturers have redesigned their glass utensils to be better suited to microwave cooking. New features include easy-to-read container-size markings; reshaped knobs and recessed handle grooves for safe and comfortable gripping; and curved corners and contemporary shaping for even cooking of contents. Be sure to look for labels on the utensils indicating that they are microwave safe. Do not use glass or ceramic dishes with metallic trim or metal bands. These pieces may crack when used in the microwave. To test dishes for microwave use, pour ½ cup of cold water into a glass measure. Set it inside or beside the dish you wish to use for your recipe. Micro-cook on 100% power (HIGH) for one minute. If the water is warm but the dish remains cool, you can use the dish for microwave cooking.

Metal

Most microwave ovens can accommodate *some* metal. Whether or not you can use metal depends on the brand and model of the oven and on the amount of metal. Check your owner's manual to be sure.

Accessories

Coffee makers micro-brew two to five cups of drip coffee in four to eight minutes, depending on their size.

Corn poppers, made of plastic, will pop three quarts of popcorn in about three to four minutes without oily cleanup. Some models can be used as a casserole, roaster, or food warmer.

Two-quart measuring pitchers, available in both glass and plastic, make short work of cooking sauces and gravies.

Utensil sets that can be left in the dish during cooking make easier work of micro-cooking many foods that need frequent stirring and turning. These sets consist of spoons, scrapers, and tongs.

Browning trays give such foods as meats extra color and flavor. Many types require microwave preheating because of a special coating that helps convert the energy into heat.

Some manufacturers are designing metal right into the cookware. The use of metal allows the microwave energy to perform the cooking process more efficiently. Plastic surrounds the metal to prevent it from touching the oven walls. A unique material attached to the metal surfaces of the cookware converts the microwave energy into the heat that cooks the food. Metal griddle-bake ovens that simulate conventional oven cooking actually bake, crisp, and brown foods while they micro-cook. Metal steamers have two or more levels and multiple compartments in each level.


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Remember, no drug should be abused, so follow label directions carefully. TYLENOL is the registered trademark of the McNeil Consumer Products Co. identifying its brand of acetaminophen. © McNeil, 1983.

"...WHEN I READ HIS LETTER, I ALMOST DROPPED MY CRANBERRY JUICE."

Like most of you, I have to watch my eating habits. I seem to gain weight by just looking at food.

So when I wrote a friend of mine in Georgia recently, I began the letter with my usual trite complaints about trying to lose weight. And failing.

Within a week he answered my letter. That was a surprise in itself. But, in it he told me about a special new diet developed by Dr. J. T. Cooper, a prominent Atlanta physician. When I read about the results the diet was achieving, I almost dropped my glass of cranberry juice.

First, let's set the record straight. I'm not speaking about some kind of "fad" diet. This is totally different. There are no appetite suppressants . . . no chalky powders to mix . . . no strenuous exercise regimes to follow. None of these things. And, the best news is yet to come.

"ALMOST TOO MUCH FOOD"

The thing that really makes the diet special is that you'll experience **no actual hunger.** None at all.

So you don't feel the discomfort of dieting. But you **are** losing weight. Quickly.

Let me give you an example.

An Atlanta man aged 34 began the Cooper diet on April 1, 1982. By September, he'd lost 76.6 lbs. But, more importantly, he reported absolutely no hunger pangs. None whatsoever. These results are verified by certified medical records on file.

Another 26-year-old woman under Dr. Cooper's care lost 42 lbs. in just 4½ months. Laughingly, she complained, "There's almost too much food on this diet. I'm having trouble eating it all!" Again, these results were clinically monitored and verified.

THE SECRET

The secret of Dr. Cooper's Common Sense Diet is the special combination of foods you eat. You don't count calories. Only portions. And these specific portions (which are spelled out in the program) create a special negative caloric process that continues all day long . . . a complete 24 hour fat burning cycle. Fat is burned away around the clock. Not just in unhealthy spurts and fits like many diets. That's why it lets you shed pounds so easily. It's absolutely amazing.

Moreover, your body continues to retain all of the essential elements necessary for total energy and good health. That's why it's called the Common Sense Diet. You don't abuse your body.

But you do lose weight quickly. One 56-year old Atlanta woman lost 39½ lbs. in just 8 weeks.

Consider these facts:

- All of the people we just mentioned were allowed to eat 3 complete meals a day — plus 3 additional snacks per day. A total of six meals. In doctor's records of the entire diet, they consistently felt no annoying hunger pangs.
- They ate only nourishing food. No powders or artifical food substitutes. None. They were allowed to choose from a wide variety of their favorite foods available at any grocery store.
- They took no pills of any kind except a few pure vitamin supplements available at most drug stores.
- They had no strenuous exercise program to follow.
- They maintained 100% of their energy and stamina level throughout the entire diet and their energy was totally natural. They took no stimulants of any kind except the occasional coffee or tea they usually drank.
- Best of all, they kept the weight off. And, that's the most important part of the Cooper program.

KEEPS YOU SLIM FOR YEARS

The biggest problem most of us have is not just losing weight. It's keeping the weight off once we lose it. How many times have you shed 10 or 20 pounds only to find yourself regaining every pound within 6 months.

The reason most people regain the weight is that we are all creatures of habit. We all have an "eating lifestyle." Our habits usually include three meals a day plus at least two or three snacks. Most diets try to force us to change all this. That's why they fail.

But, with Dr. Cooper's program you simply **continue** your normal eating lifestyle. You eat 5 or 6 times a day. Yet you begin to lose weight. Rapidly.

Consider these facts, too . . .

- ☑ The diet is easy to follow. All you do is maintain the step-by-step portion plan developed by Dr. Cooper and his associates. It fits easily into your busy schedule — even when you're eating in restaurants or with friends.
- ☑ The diet is healthy. Absolutely. Because it's high in essential fiber and roughage, low in fat, very low in simple sugars and has ample protein for anyone.
- ☑ There is no ketosis. No foul breath odor.
- ☑ You don't take potentially harmful drugs or appetite suppressants. Nothing but nourishing healthful food. Everything you need can be purchased at your supermarket.
- ☑ Best of all, you'll be encouraged to eat a wide variety of foods up to six times per day. But you **must** be sure to follow the prescribed portions. It's this caloric balance that makes the diet work.

POST DATE YOUR CHECK 30 DAYS

To prove how effective the Cooper Common Sense Diet is, we suggest you post date your check 30 days in advance. That way it isn't even negotiable for a full month.

We'll send you the program immediately. Try it. You'll begin slimming down quickly, comfortably, and without hunger pangs. If you're not satisfied, simply return the program, and we'll return your ORIGINAL UNCASHED check. What's more, we'll return it within three working days. No excuses. No delays.

Or keep the program for up to twelve months. Try it for an entire year. Even then, if you're not satisfied we'll refund your purchase price in full.

This is the fairest way we know to PROVE to you how well this new program really works.

Our bank reference is Liberty National Bank & Trust Co., Dunkirk, NY 14048. Green Tree Press, Inc. is a member of the Dunkirk, NY Chamber of Commerce and has been for years.



ABOUT DR. COOPER

Dr. J. T. Cooper is a medical doctor and has been in the private practice of medicine for the last 19 years. He is active in post-graduate research and teaching in the area of weight loss and weight control. He has also authored a five volume teaching and instructional program on bariatrics that is used by physicians throughout the United States and a number of countries around the world.

AN IMPORTANT REMINDER . . .

As your weight begins to drop rapidly, do not allow yourself to become too thin. This is very important.

It's also very important to consult your physician before commencing any weight loss program. Show him this diet. And, be sure to see him periodically if you intend to take off large amounts of weight.

To order, use the coupon below. And remember to post date your check 30 days in advance.

We'll rush you the complete program by U.S. Mail.

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Send me the new Cooper Weight Loss Program for a 30 day trial. But don't cash my check for 30 days. If for any reason I'm not delighted with the results, I may return it within 30 days and you will return my original UNCASHED CHECK. On that basis I enclose $9.95.

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Speed Queen is the only top loading washer with a stainless steel tub backed by a lifetime warranty. It will never chip, rust or corrode.

See your Speed Queen dealer for warranty details.

pocket. Close with wooden picks. Place meat on rack in same baking dish. Cook, covered, for 3 minutes, giving dish a half-turn. Micro-cook, covered, on 50% power (MEDIUM) for 10 to 14 minutes, turning meat once. Let stand, covered with foil, while preparing sauce. Place steak on serving platter. Remove wooden picks. Spoon some of the sauce over steak; pass remainder. Garnish with parsley. Serves 8.

Basil Tomato Sauce: In a 2-cup glass measure combine ½ of a 10-ounce can *tomato puree* (½ cup), ⅓ cup *chicken broth,* 1 teaspoon *Worcestershire sauce,* ½ teaspoon *sugar,* and ½ teaspoon *dried basil,* crushed. Micro-cook, covered, on 100% power (HIGH) for 5 minutes. Combine 2 tablespoons *water* and 2 teaspoons *cornstarch;* stir into tomato mixture. Cook, uncovered, about 2 minutes more, stirring every 30 seconds.

Conventional method: In a skillet cook bacon till crisp; drain on paper toweling. Crumble bacon. Prepare stuffing as directed *except* cook peas according to package directions. Prepare and stuff meat as directed. Place stuffed meat on unheated rack of a broiler pan. Broil 3 inches from heat for 8 to 10 minutes or till done, turning once. Serve as directed.

Basil Tomato Sauce: Combine ingredients as directed above for sauce. Cook and stir over medium heat till mixture is thickened and bubbly. Cook and stir 2 minutes more.

ZESTY CHICKEN BITES

2 pounds chicken wings
¼ cup ground peanuts

continued

begins on page 90

Microwave cooking

Note: Recipes were tested in countertop microwave ovens that operate on 600 to 700 watts. Times are approximate since microwave ovens vary by manufacturer.

PEA- AND CHEESE-STUFFED STEAK

2 slices bacon
1 cup frozen peas
1 slightly beaten egg yolk
2 tablespoons grated Parmesan cheese
¼ teaspoon dried basil, crushed
1 2-pound boneless beef top round steak, cut 1 inch thick
Italian parsley sprigs
1 recipe Basil Tomato Sauce

Arrange bacon slices on a nonmetal rack in a 12x7½x2-inch baking dish. Cover with paper toweling. Micro-cook on 100% power (HIGH) for 1½ to 2 minutes. Drain and crumble bacon; set aside. In a 1-quart bowl or casserole combine peas and 1 tablespoon *water.* Micro-cook, covered, for 4 to 5 minutes, stirring occasionally. Mash peas. Stir in egg yolk, Parmesan, basil, and crumbled bacon; set aside. Trim fat from meat. Cut a pocket in meat. Spoon pea mixture evenly into

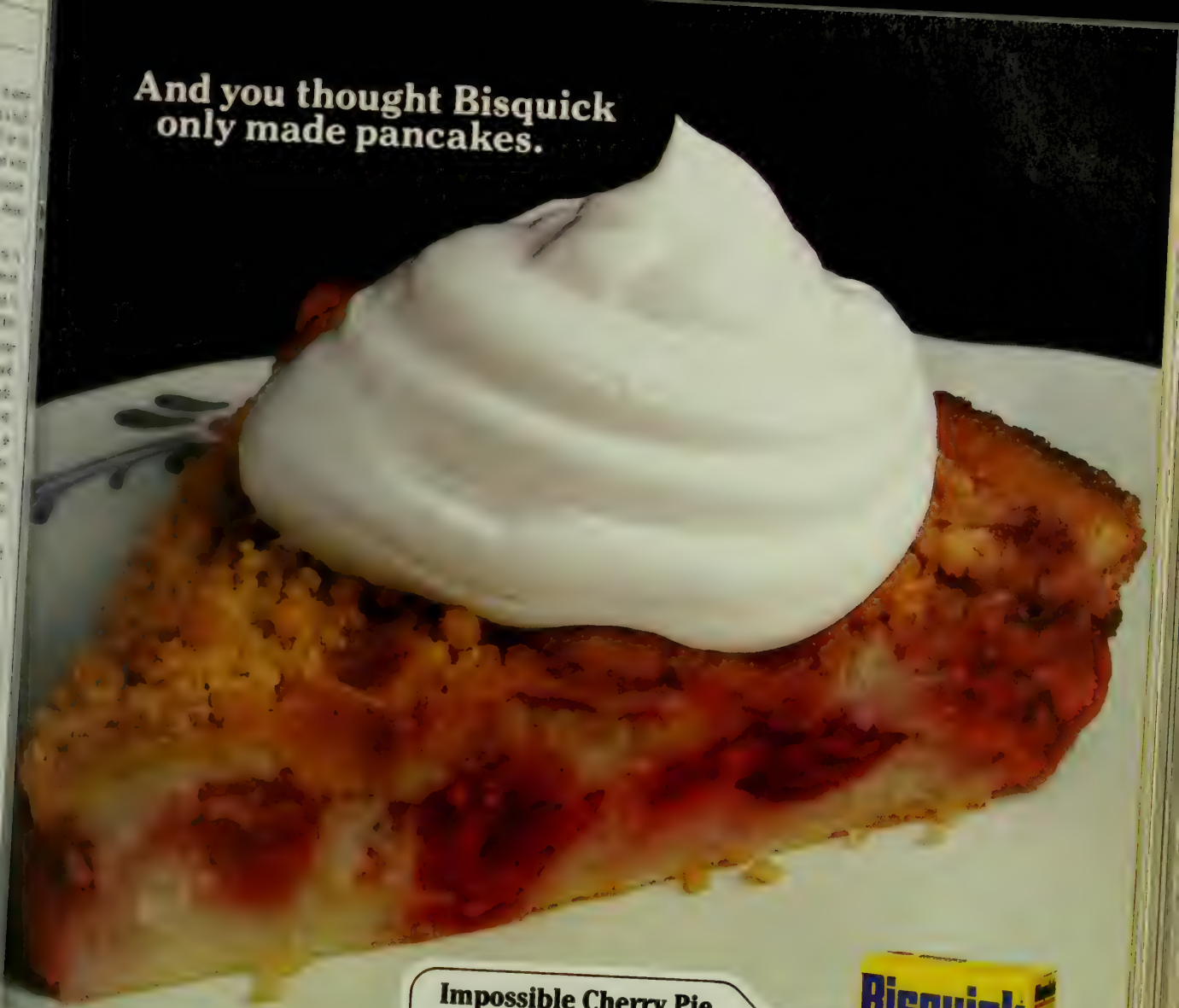
The complete story



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Speed Queen®
Built for all it's worth

And you thought Bisquick only made pancakes.



Impossible Cherry Pie

The pie that's impossibly easy because it makes its own crust. And it's filled with the harvest-fresh goodness of Comstock® cherry pie filling.



- 1 cup milk
- 2 tablespoons margarine or butter, softened
- ¼ teaspoon almond extract
- 2 eggs
- ½ cup Bisquick® baking mix
- ¼ cup sugar
- 1 can (21 ounces) Comstock® cherry pie filling
- Streusel (below)

Heat oven to 400°. Grease pie plate, 10 x 1½ inches. Beat all ingredients except pie filling and Streusel until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Spoon pie filling evenly over top. Bake 25 minutes. Top with Streusel. Bake until Streusel is brown, about 10 minutes longer. Cool; refrigerate any remaining pie.

Streusel: Cut 2 tablespoons firm margarine or butter into ½ cup Bisquick baking mix, ½ cup packed brown sugar and ½ teaspoon ground cinnamon until crumbly.

High Altitude: Increase second bake time to 15 to 20 minutes.

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HONEST BREAD.

continued

Microwave cooking

¼ cup crushed plain croutons
1 tablespoon snipped parsley
1 tablespoon sesame seed, toasted
¼ teaspoon paprika
Dash ground ginger
Dash ground red pepper
Milk *or* melted butter *or* margarine

Rinse chicken wings; pat dry. Cut chicken wings at joints into 3 separate parts. Refrigerate tips and center portions for another use.*

Stir together peanuts, croutons, parsley, sesame seed, paprika, ginger, and red pepper. Brush chicken with milk; roll in crumb mixture. Place chicken on a nonmetal rack in a 12x7½x2-inch baking dish. Micro-cook, loosely covered with waxed paper, on 100% power (HIGH) for 5 to 6 minutes, giving dish a half-turn once. Serves 8 to 10.

*Use the remainder in recipes calling for chicken pieces.

Conventional method: Prepare chicken as directed through coating step. Place in 13x9x2-inch baking pan, making sure pieces do not touch. Bake in 375° oven 30 minutes. *Do not turn.*

SHORTCUT GUMBO

½ pound fresh *or* frozen shelled shrimp
1 cup water
2 teaspoons butter *or* margarine
1 cup quick-cooking rice
¼ cup all-purpose flour
¼ cup cooking oil
½ cup chopped onion
¼ cup chopped green pepper
2 tablespoons chopped celery
2 cloves garlic, minced
1 16-ounce can tomatoes, cut up
½ of a 10-ounce package frozen cut okra, thawed
1½ teaspoons Worcestershire sauce
1½ teaspoons lemon juice
1 teaspoon instant chicken bouillon granules
¼ teaspoon ground red pepper
¼ teaspoon ground allspice
1 bay leaf
3 ounces fully cooked ham, cut into ½-inch cubes (½ cup)

Thaw shrimp, if frozen. In a 1-quart nonmetal casserole combine water, butter or margarine, and ¼ teaspoon *salt.* Micro-cook, uncovered, on 100% power (HIGH) for 3 to 4 minutes. Stir in uncooked rice; cover and set aside. In a 3-quart nonmetal casserole combine flour and oil. Micro-cook, uncovered, about 20 minutes, stirring after the first 4 minutes and then every minute. Add onion, green pepper, celery, and garlic. Cook, covered, for 2 to 3 minutes. Stir in *undrained* tomatoes, okra, ½ cup *water,* Worcestershire sauce, lemon juice, bouillon, red pepper, allspice, and bay leaf. Cook, covered, for 5 to 7 minutes. Stir. Micro-cook, covered, on 50% power (MEDIUM) 5 to 8 minutes. Remove bay leaf. Stir in shrimp and ham. Cook, covered, for 5 to 7 minutes, stirring twice. Return rice to oven. Micro-cook, covered, on 100% power (HIGH) for 1 minute. Spoon rice into soup plates. Ladle gumbo over rice. Makes 4 servings.

continued on page 102



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HOT AND SOUR SOUP

- 1 can (14-1/2 ounces) Swanson Clear Ready to Serve Chicken Broth
- 1/2 cup sliced pitted Californ ripe olives
- 1/2 cup diced tofu (bean curd)
- 1/2 cup sliced green onions
- 1 tablespoon cornstarch
- 3/4 cup water
- 1 egg, beaten
- 1 tablespoon rice vinegar or white vinegar
- 1 teaspoon sesame oil, optional
- 1/8 teaspoon cayenne peppe

In 2-quart saucepan over medium-high heat, heat broth, olives, tofu and green onions. In small cup, blend cornstarch smoothly with water. Gradually stir cornstarch mixture into broth mixtur Heat to boiling, stirring constantly until mixture thickens slightly. Remove from heat. Slowly pour beaten egg into soup while stirring gently in one direction. Stir in remaining ingredients before serving. Makes servings.

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CHICKEN ORIENTAL

- bags Success Rice
- tablespoons cornstarch
- tablespoons Kikkoman Soy Sauce
- tablespoon white vinegar
- cup water
- to 1/2 teaspoon crushed red pepper
- tablespoons vegetable oil
- onion, cut into chunks
- large clove garlic, minced
- teaspoons minced fresh ginger root
- cups sliced zucchini
- large red or green bell pepper, cut into strips
- 2 cans (5 ounces each) Swanson Chunk White Chicken
- 1/2 cup sliced pitted California ripe olives

Prepare rice according to package directions; keep warm. Meanwhile, combine cornstarch, soy sauce, vinegar, water and crushed red pepper; set aside. Heat oil in large skillet or wok over high heat; add onion, garlic and ginger. Stir-fry 1 minute. Add zucchini and bell pepper; stir-fry 1 minute longer, or until vegetables are tender-crisp. Pour soy sauce mixture over vegetables. Cook and stir until sauce boils and thickens. Gently stir in chicken, olives and heat through. Serve immediately over bed of rice with additional soy sauce, as desired. Makes 4 to 6 servings.

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continued from page 99

Microwave cooking

Conventional method: Combine flour and oil. Cook over medium heat for 30 minutes, stirring often. Stir in onion, green pepper, celery, and garlic; cook till vegetables are tender. Stir in remaining ingredients *except* shrimp and ham. Bring to boiling; reduce heat. Cover; simmer 20 minutes. Remove bay leaf. Stir in shrimp and ham. Bring to boiling; reduce heat. Cover; simmer 5 minutes. Serve as directed.

APPLE AND SPICE UPSIDE-DOWN CAKE

- **2 tablespoons butter *or* margarine**
- **2 tablespoons sugar**
- **1 tablespoon lemon juice**
- **1 large baking apple, cored and very thinly sliced**
- **1 cup all-purpose flour**
- **⅔ cup sugar**
- **1 teaspoon baking powder**
- **½ teaspoon ground cinnamon**
- **⅛ teaspoon ground nutmeg**
- **⅛ teaspoon ground cloves**
- **2 eggs**
- **⅓ cup butter *or* margarine,**
- **⅓ cup milk**
- **½ teaspoon vanilla**

In an 8x1½-inch round baking dish micro-cook butter or margarine on 100% power (HIGH) 30 to 45 seconds. Sprinkle sugar and lemon juice into pan. Overlap apples, spoke fashion, in bottom of pan. Press any additional apple onto sides of pan. Set aside. In a mixer bowl combine flour, sugar, baking powder, cinnamon, nutmeg, cloves, and ¼ teaspoon *salt*. Add eggs, butter, milk, and vanilla. Beat with an electric mixer on low speed till combined. Beat on medium speed for 2 minutes, scraping sides of bowl. Spread batter in apple-lined dish. Micro-cook, uncovered, on 50% power (MEDIUM) for 8 to 10 minutes, rotating dish a quarter-turn after 5 minutes. Give dish another quarter-turn. Micro-cook, uncovered, on 100% power (HIGH) for 1½ to 2½ minutes. Cool 5 minutes; invert onto serving plate (replace apples around sides). Serve warm. Serves 6.

Conventional method: Prepare cake as directed *except* melt butter or margarine in saucepan. Bake cake in 350° oven 30 to 35 minutes.

WINTER PARSNIP PUFF

- **¼ cup butter *or* margarine**
- **1¼ cups crushed stone-ground whole wheat crackers**
- **¼ cup chopped walnuts**
- **3 slices bacon**
- **4 cups coarsely shredded parsnips**
- **1 3-ounce package cream cheese**
- **4 eggs**
- **⅔ cup whipping cream**
- **2 tablespoons orange juice**
- **Dash ground turmeric**

Melt butter or margarine on 100% power (HIGH) for 35 to 40 seconds. Stir in crushed crackers. Stir walnuts into *¼ cup* of the crumb mixture; set aside. Press remaining crumb mixture into a well-greased 8-inch round baking dish or an ovenproof 5½-cup ring mold. Arrange bacon slices in a 10x6x2-inch nonmetal baking dish. Micro-cook bacon, covered with paper toweling, on 100% power (HIGH) 3 minutes; drain.

continued



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Microwave cooking

Crumble bacon, reserving 2 tablespoons. Sprinkle bacon over crumb mixture in baking dish. Cook parsnips in ⅓ cup *water*, covered, for 6 to 8 minutes; drain well. In a blender container place the cooked parsnips and cream cheese. Cover and blend till nearly smooth. Add eggs, cream, juice, turmeric, and ¼ teaspoon *salt*. Cover and blend till smooth. Spoon parsnip mixture atop bacon. Sprinkle with reserved crumb-walnut mixture. Bake in a 350° oven for 35 to 40 minutes. Let stand 10 minutes. Sprinkle with reserved bacon. Makes 6 servings.

Conventional method: Prepare crumb crust as directed *except* melt the butter or margarine in a saucepan. Cook bacon till crisp; drain. Crumble bacon; use as directed. Cook parsnips, covered, in the water 6 to 8 minutes. Drain well. Continue as directed.

BISCUIT-TOPPED TURKEY PIE

1½ cups all-purpose flour
2 teaspoons sugar
1½ teaspoons baking powder
½ teaspoon cream of tartar
⅓ cup shortening
⅓ cup buttermilk

• • •

1 cup peeled and chopped rutabaga
1 tablespoon butter *or* margarine
1 cup chopped broccoli *or* ½ of a 10-ounce package frozen cut broccoli
2½ cups diced cooked turkey *or* chicken
2 tablespoons butter *or* margarine
2 tablespoons cornstarch
1½ teaspoons instant chicken bouillon granules
2¼ teaspoons fresh snipped sage *or* thyme, *or* ¾ teaspoon dried sage *or* thyme, crushed
2 cups milk
1 beaten egg
1 tablespoon water
Fresh sage *or* thyme leaves (optional)

Stir together flour, sugar, baking powder, cream of tartar, and ¼ teaspoon *salt*. Cut in shortening. Make a well in center; add buttermilk all at once. Stir till dough clings together. Knead on floured surface for 10 to 12 strokes. Roll *three-quarters* of dough into a ¼-inch-thick oval or rectangle (oval or rectangle should be *¼ inch smaller* than the 1½-quart oval casserole or the 10x6x2-inch baking dish to be used for recipe). Cover; set aside. Roll remaining dough to a 7x3-inch rectangle. Using a pastry wheel, cut rectangle, lengthwise, into six ½-inch-wide strips. Cover strips with waxed paper; set aside. In the same 1½-quart oval casserole or 10x6x2-inch baking dish combine rutabaga and the 1 tablespoon butter or margarine. Micro-cook, covered, on 100% power (HIGH) 2 minutes. Add the broccoli; cover and cook for 3 to 4 minutes, stirring once. Stir in the turkey; set aside. In a 4-cup glass measure micro-cook the 2 tablespoons butter or margarine on 100% power (HIGH) 30 seconds. Stir in cornstarch, bouillon granules, and sage. Add the milk all at once. Cook, uncovered, for 3 to 5 minutes or till bubbly, stirring

continued

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2 cups water or broth
2 Tbsp ARGO® or KINGSFORD'S® Corn Starch
¼ cup *cold* water
Desired seasonings

Pour off drippings and return 2 Tbsp to roasting pan. Stir in 2 cups liquid. Cook over medium heat, stirring to loosen browned bits. ***Remove from heat.*** Mix Corn Starch and ¼ cup *cold* water until smooth; stir into liquid in pan. Add seasonings. Stirring constantly, bring to boil over medium heat and boil 1 min. Makes about 2 cups.



For more exciting foolproof Corn Starch recipes write to Argo and Kingsford's, Box 307A, Conventry, Conn. 06238.

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continued

Microwave cooking

every minute. Pour sauce over turkey mixture in casserole; stir till well blended. Combine egg and 1 tablespoon water. Place dough oval or rectangle on top of hot mixture. Brush with egg mixture. Place the ½-inch strips of pastry around edge of oval; brush with egg mixture. Garnish top of pastry with sage leaves. Place casserole on baking sheet. Bake in a 375° oven 30 minutes. Makes 6 servings.

Conventional method: Prepare and roll out pastry as directed. Cook rutabaga and broccoli, covered, in 1 tablespoon butter or margarine for 15 to 20 minutes, stirring frequently. Turn vegetable mixture into a 1½-quart oval casserole or 10x6x2-inch baking dish. Stir in turkey. In same saucepan melt the 2 tablespoons butter or margarine. Stir in cornstarch, bouillon, and sage. Add milk all at once. Cook and stir till bubbly. Pour sauce over turkey mixture; stir till well blended. Continue as directed.

SWIRL BREAKFAST LOAF

Test your microwave oven to determine if it can be used for raising bread dough. Place 2 tablespoons of the butter or margarine called for below in a custard cup in the center of the oven. Micro-cook butter, uncovered, on 10% power (LOW) for 4 minutes. If butter is completely melted in less than 4 minutes, you will be unable to satisfactorily proof (raise) bread in your microwave—

3½ to 4 cups all-purpose flour
1 package active dry yeast
1 cup milk
2 tablespoons granulated sugar
¼ cup butter *or* margarine
2 eggs
½ cup orange juice
1 cup dried currants
⅓ cup packed brown sugar
½ teaspoon ground cinnamon
⅛ teaspoon ground cloves
2 tablespoons butter *or* margarine melted
Pearl sugar

In a mixer bowl combine *1½ cups* of the flour and yeast. Combine milk, granulated sugar, the ¼ cup butter or margarine, and 1 teaspoon *salt*. Micro-cook, uncovered, on 100% power (HIGH) for 1 to 1½ minutes or till warm (115° to 120°). Add milk mixture and eggs to flour mixture. Beat on low speed for 30 seconds. Beat 3 minutes on high speed. Stir in as much of the remaining flour as you can. Turn out onto a floured surface. Knead in enough remaining flour to make a moderately soft dough. Shape into a ball. Place in a greased nonmetal bowl; turn once to grease surface. Measure 3 cups *water* into a 4-cup glass measure. Micro-cook, uncovered, 4 to 6 minutes. Set to one side of microwave oven. Place the dough in bowl beside water; cover dough with waxed paper. Micro-cook on 10% power (LOW) for 16 to 20 minutes. Punch dough down; divide in half. Cover; let rest 10 minutes. Micro-cook the juice, uncovered, on 100% power (HIGH) 2 minutes. Stir in currants. Let stand 5 minutes. Drain, reserving juice. On floured surface, roll one portion of the dough into a 15x8-inch rectangle.

continued

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Stir in ½ can French Fried Onions; bake as usual.



Top with remaining onions during last 5 minutes of baking.

Country Chicken 'N Biscuits

8 slices bacon, fried crisp and crumbled	1 can (10¾ oz.) condensed cream of chicken soup
2½ cups (about 13 oz.) cubed cooked chicken	¾ cup milk
1 package (10 oz.) frozen mixed vegetables, cooked and drained	1½ cups biscuit mix
1 cup chopped tomatoes (about 2 medium)	⅔ cup milk
1½ cups (6 oz.) shredded Cheddar cheese	1 can (2.8 oz.) Durkee French Fried Onions

In greased 8 x 12-inch baking dish, combine first four ingredients and 1 cup cheese. Blend soup and ¾ cup milk; pour over casserole. Bake, covered, at 400° for 15 minutes. Meanwhile, combine biscuit mix, milk and ½ can French Fried Onions; mix thoroughly. Drop by spoonfuls to form 6 biscuits, around edge of casserole. Bake, uncovered, 15 to 20 minutes, or until biscuits are golden brown. Top with remaining cheese and onions and bake about 2-3 minutes, until onions are toasted.

MAKES 6 servings.

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Microwave cooking

Brush rectangle with *half* the reserved juice. Combine currants, brown sugar, cinnamon, and cloves. Sprinkle *half* of currant mixture atop. Beginning with narrow end, roll up jelly-roll style; seal. Place in a greased 8x4x2-inch nonmetal loaf dish. Repeat to make second loaf. Micro-cook the *same* 3 cups water, uncovered, on 100% power (HIGH) 4 to 6 minutes. Set to side of oven. Place loaves beside water; cover with waxed paper. Micro-cook on 10% power (LOW) 6 to 8 minutes. Spread remaining 2 tablespoons butter atop. Sprinkle with pearl sugar. Slit top of loaf ½ inch deep. Bake in 375° oven 35 minutes. Cover with foil the last 10 minutes. Remove from dishes. Cool. Makes 2.

Conventional method: Prepare bread dough as directed; shape into ball. Place in greased bowl; turn to grease surface. Cover; let rise till double. Omit microwave proofing step. Cover currants with juice. Bring to boiling. Remove from heat. Let stand 5 minutes; drain, reserving juice. Combine currants, brown sugar, cinnamon, and cloves; set aside. Punch dough down; divide in half. Cover; let rest 10 minutes. Shape loaves as directed. Place, seam side down, in two greased 8x4x2-inch loaf pans. Cover; let rise till nearly double. Bake as directed.

PEAR MERINGUE TARTS

1 cup all-purpose flour
⅓ cup ground pecans
Dash salt
⅓ cup butter *or* margarine
3 to 4 tablespoons cold water
¼ cup sugar
1 tablespoon cornstarch
½ teaspoon finely shredded orange peel
⅔ cup orange juice
½ teaspoon vanilla
6 small pears
2 egg whites
¼ teaspoon vanilla
¼ teaspoon cream of tartar
¼ cup sugar
Orange peel strips (optional)

Stir together flour, pecans, and dash salt. Cut in butter or margarine. Sprinkle *1 tablespoon* of cold water over part of mixture; gently toss. Push to side of bowl. Repeat with remaining water till moistened. Form dough into a ball. Divide dough into 6 portions. On floured surface roll each portion into a 4½-inch circle. Spray six 6-ounce inverted custard cups with nonstick vegetable coating. Place dough over inverted cups. Prick well with a fork. Arrange cups in circle in microwave oven. Micro-cook, uncovered, on 100% power (HIGH) 4½ to 5 minutes, rearranging after 2 and 3 minutes. Cool 3 minutes. Remove tart shells. Cool. Stir together the first ¼ cup sugar, cornstarch, and orange peel. Add juice; mix well. Cook, uncovered, 2 to 4 minutes, stirring every minute. Stir in ½ teaspoon vanilla. Cover surface with clear plastic wrap; cool slightly. Peel and halve pears lengthwise. Remove cores and stems. Cut several lengthwise slashes in each pear half, cutting to, but not through, other side of pear.

Place pears in 12x7½x2-inch nonmetal baking dish with 2 tablespoons *water*. Cook, covered, 6 to 8 minutes, giving dish a quarter-turn every 2 minutes. Drain; cool. Place shells on baking sheet. Spoon *2 tablespoons* of the sauce into each shell. Stand two pear halves vertically in each shell; secure halves together with wooden picks. Beat egg whites, vanilla, and cream of tartar with an electric mixer on medium speed about 1 minute or till soft peaks form. Gradually add remaining sugar, about 1 tablespoon at a time, beating about 3 minutes more or till stiff peaks form. Pipe vertical rows of meringue to cover seam line between pear halves, bringing meringue up to a point at top. Broil 4 inches from heat 3 to 4 minutes. Garnish with orange peel. Serve warm. Makes 6 servings.

Conventional method: Prepare tart shells as directed *except* bake in 450° oven for 10 to 12 minutes. Cool 10 to 15 minutes. Remove shells from cups. Cool. Combine the first ¼ cup sugar, cornstarch, and orange peel. Add juice. Cook and stir till bubbly. Cook and stir 2 minutes more. Stir in vanilla. Remove from heat. Cover surface with clear plastic wrap; cool slightly. Peel and halve pears as directed. Bring 1 cup *water* to boiling. Add pear halves. Reduce heat; simmer, covered, for 5 to 7 minutes. Remove the pears; drain well. Continue as directed above.



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WCI

begins on page 88

Great soups

Note: Each soup mix below yields enough for one recipe of prepared soup. To make up multiples of the mix to keep on hand, measure out the ingredients, assembly-line fashion, into separate storage containers. The seasonings will separate and settle to the bottom of the container if you try to make and store the mix in bulk.

CHOOSE-A-BEAN SOUP MIX

¼ cup dried garbanzo beans
¼ cup dried navy beans *or* lima beans
¼ cup dried red kidney beans *or* pinto beans
¼ cup dried whole *or* split peas
3 tablespoons minced dried onion
2 tablespoons whole wheat berries
2 tablespoons pearl barley
2 tablespoons dried celery flakes,
2 teaspoons instant beef bouillon granules
½ teaspoon dried basil, crushed
1 bay leaf
Salt

Combine all ingredients in a plastic bag or an airtight container; store, tightly sealed, till needed.

To cook Choose-A-Bean Soup Mix: In a 3-quart saucepan combine 1 recipe Choose-A-Bean Soup Mix and 7 cups *water*. Bring to boiling; reduce heat. Cover; simmer 2 minutes. Remove from heat. Cover; let stand 1 hour. (Or, soak bean mixture in the water overnight in a covered pan.) *Do not drain.*

Bring beans and liquid to boiling; reduce heat. Cover; simmer 1½ to 2 hours or till beans are tender. Remove bay leaf. Season to taste with salt. Makes 6 to 8 side-dish servings.

SPICY BEAN POT

For the pepper flower garnish shown on page 88, use a sharp knife to cut small fresh jalapeño peppers lengthwise into 8 strips, leaving the strips attached at the stem end. Place peppers in a bowl of ice water till strips curl and separate to form "flower petals"—

1 recipe Choose-A-Bean Soup Mix
½ pound ground beef
1 teaspoon chili powder

continued on page 114

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Play the KRAFT

Nobody Cooks Like YOU

GAME



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Match the game card below to the display at participating retailers. Win 1 of over 1,000 prizes from *Kraft, Commodore, Amana* and *West Bend.*



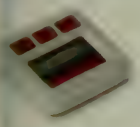
commodore®

The *Commodore* Microcomputer System is especially suited for home, educational and business use. The system includes the versatile *Commodore* 64™ computer, the C1701 color monitor, the C1525 printer for creating printouts and hard-copies and the C1541 external 5¼ inch floppy disk drive.

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The 700 watt *Amana® Radarange Plus*™ Microwave Convection Oven gives you four great ways to cook to perfection—microwave cooking, convection cooking, combination cooking and dehydrating. The amazing memory lets you set it and forget it.

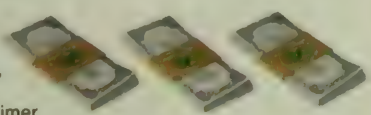




WEST BEND®

The *West Bend® Triple Timer*™ Electronic Timer lets you time three different things at once, from ten hours down to one second. Microcomputer controlled for accuracy, the Triple Timer features an easy to read LCD digital display.

GRAND PRIZE



Commodore Microcomputer System, *Amana Radarange Plus* Microwave Convection Oven, *West Bend* Triple Timer Electronic Timer, plus $15,000 cash to turn your current kitchen into a kitchen of tomorrow.

10 FIRST PRIZES

Commodore Microcomputer System, *Amana Radarange Plus* Microwave Convection Oven and *West Bend Triple Timer* Electronic Timer.

10 SECOND PRIZES

Commodore Microcomputer System and *West Bend Triple Timer* Electronic Timer.

1,000 THIRD PRIZES

West Bend Triple Timer Electronic Timer.

Official Rules—No Purchase Necessary

If your symbol matches any one of those on the "Nobody Cooks Like You" display at participating grocers, you win the corresponding prize. You may obtain a facsimile of display by sending a stamped, self-addressed envelope to "Kraft 'Nobody Cooks Like You' Display P.O. Box 8467, Chicago, IL 60680. Requests must be received by 3/15/84. Washington State residents may omit stamp on envelope. Game starts 1/1/84, ends 3/15/84. 2. **To claim your prize:** Send game card via certified mail, return receipt requested, along with your name, address, zip) to "Nobody Cooks Like You" Winner, c/o Product Exposure, Inc., 11 East Hubbard St., Chicago, IL 60611. Claims must be received by 4/15/84. GAME CARDS FORGED, MECHANICALLY REPRODUCED OR TAMPERED WITH ARE VOID. 3. Prizes and winning odds in the symbol match are: 1 Grand Prize—*Commodore* Microcomputer System, *Amana Radarange Plus* Microwave Convection Oven, *West Bend Triple Timer* Electronic Timer, plus $15,000 cash. Est. value $16,880. 1 in 27,547,000. 10 First Prizes—*Commodore* Microcomputer System, *Amana Radarange Plus* Microwave Convection Oven and *West Bend Triple Timer* Electronic Timer. Est. value $1,880. 1 in 2,754,700. 10 Second Prizes—*Commodore* Microcomputer System and *West Bend Triple Timer* Electronic Timer. Est. value $1,030. 1 in 2,754,700. 1,000 Third Prizes—*West Bend Triple Timer* Electronic Timer. Est. value $33. 1 in 27,547. 4. **SECOND CHANCE SWEEPSTAKES**—All unclaimed prizes will be awarded in a Second Chance drawing by 4/30/84. Complete the Second Chance entry form found at Kraft "Nobody Cooks Like You" store displays or hand-print your name, address (zip) on a 3" x 5" paper and mail to "Nobody Cooks Like You" Second Chance Sweepstakes, P.O. Box 4566, Chicago, IL 60680. Each entry must include the UPC code from any one of the following Kraft products: MIRACLE WHIP Salad Dressing, KRAFT 100% Grated Parmesan or Romano Cheese, KRAFT Sliced Natural Cheese, KRAFT Pourable Dressing, VELVEETA Loaf, Pasteurized Process Cheese Spread, KRAFT Macaroni and Cheese Dinners, KRAFT Jellies, Jams or Preserves, PARKAY Margarine Sticks, KRAFT Singles Pasteurized Process Cheese Food, CHEEZ WHIZ Pasteurized Process Cheese Spread or the words "Nobody Cooks Like Me" With Kraft" hand-printed on a separate 3" x 5" paper. Enter as often as you wish, but mail each entry separately. Second Chance entries must be received by 5/15/84, the closing date. Winning odds are determined by the number of entries received and the number of unclaimed prizes. Second Chance winners will be notified by mail by 6/30/84. 5. Sweepstakes is under the supervision of Product Exposure, Inc., whose decisions are final. Entries to Kraft, Inc. property, none returned. Kraft not responsible for lost/late mail. No correspondence acknowledged or entered into. ALL FEDERAL, STATE AND LOCAL TAXES ARE WINNERS' RESPONSIBILITY. Limit one prize per household. No prize transfers or substitutions. 6. Sweepstakes open to residents 18 years or over of U.S.A., Puerto Rico and APO/FPO addresses. Employees of KRAFT INC. and its affiliates, advertising/promotional agencies, judges, sweepstakes material suppliers and their immediate families living in same household are not eligible. Void where prohibited, restricted by law. All Federal, State and Local laws and regulations apply. Proof of eligibility may be required. For a list of top prize winners, send a self-addressed, stamped envelope to "Nobody Cooks Like You" Winners' List, P.O. Box 7643, Chicago, IL 60680.

OFFICIAL GAME CARD

KRAFT **Nobody Cooks Like YOU** KRAFT

GAME

Take this Match 'n Win game card to your store!
You could win a kitchen of tomorrow instantly!
HOW TO PLAY:

- Cut out this card and take it to a participating retail grocery.
- Compare your symbol to the symbol on the special Kraft "Nobody Cooks Like You" display.
- If your symbol matches any one of the four symbols on the display, you win the corresponding prize.
- To claim your prize, send your game card via certified mail, return receipt requested, along with your name, address and zip code to:
  The Kraft "Nobody Cooks Like You" Winner,
  c/o Product Exposure, Inc., 11 East Hubbard St., Chicago, IL 60611
- Prize claims must be received by April 15, 1984.
- GAME CARDS FORGED, MECHANICALLY REPRODUCED OR TAMPERED WITH ARE VOID.



15¢ STORE COUPON—REDEEM PROMPTLY 15¢

SAVE 15¢

when you buy KRAFT Bacon and Buttermilk Dressing or any KRAFT Regular Dressing (any size)



RETAILER: Kraft, Inc. (Retail Food Group) will reimburse you the retail price for the face value of this coupon plus 8¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where prohibited or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to:
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P.O. BOX 1600
Clinton, Iowa 52734

KRAFT

ONE COUPON PER ITEM PURCHASED.

15¢ K4-1 21000 133419 15¢

2/20¢ STORE COUPON—REDEEM PROMPTLY 2/20¢

SAVE 20¢

when you buy two 1-lb. packages of PARKAY Margarine Sticks



RETAILER: Kraft, Inc. (Retail Food Group) will reimburse you the retail price for the face value of this coupon plus 8¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where prohibited or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to:
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Clinton, Iowa 52734

KRAFT

ONE COUPON PER ITEMS PURCHASED.

2/20¢ A4-12 21000 133906 2/20¢

15¢ STORE COUPON—REDEEM PROMPTLY 15¢

SAVE 15¢

when you buy one 12-oz. package or larger or any variety KRAFT Singles Pasteurized Process Cheese Food



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KRAFT

ONE COUPON PER ITEM PURCHASED.

15¢ M4-201 21000 129821 15¢

15¢ STORE COUPON—REDEEM PROMPTLY 15¢

SAVE 15¢

when you buy any size, any variety CHEEZ WHIZ Pasteurized Process Cheese Spread



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P.O. BOX 1600
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KRAFT

ONE COUPON PER ITEM PURCHASED.

15¢ N4-251 21000 126918 15¢

12¢ STORE COUPON—REDEEM PROMPTLY 12¢

SAVE 12¢

when you buy any size or variety of KRAFT Sliced Natural Cheese



RETAILER: Kraft, Inc. (Retail Food Group) will reimburse you the retail price for the face value of this coupon plus 8¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where prohibited or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to:
KRAFT, INC. RFG
P.O. BOX 1600
Clinton, Iowa 52734

KRAFT

ONE COUPON PER ITEM PURCHASED.

12¢ S4-75 21000 131413 12¢

continued from page 111

Great soups

1 10-ounce can tomatoes and green chili peppers, cut up
Salt
1 recipe Tortilla Bowls (optional)
Jalapeño chili pepper flowers (optional)

Prepare and cook Choose-A-Bean Soup Mix as directed *except* reduce the water to *5½ cups*. Remove bay leaf. Meanwhile, in a small skillet brown ground beef. Drain off fat. Stir in chili powder; cook 1 minute. Add to bean mixture along with *undrained* tomatoes and green chili peppers. Heat through, stirring occasionally. Season to taste with salt. Ladle into Tortilla Bowls or soup bowls. Garnish soup with jalapeño chili pepper flowers. Makes 6 to 8 main-dish servings.

Tortilla Bowls: In a large skillet warm six to eight 10-inch flour tortillas over low heat just till warm and pliable. Place each warm tortilla in an ovenproof soup bowl, fluting the tortilla as necessary to fit the bowl. Place soup bowls on a baking sheet. Bake tortillas in a 350° oven about 15 minutes.

MEATY VEGETABLE SOUP

Eliminate seasoning with salt if you use the smoked pork hocks in this recipe—

1 recipe Choose-A-Bean Soup Mix
1 ¾- to 1-pound smoked pork hock *or* beef shank crosscuts
1 16-ounce can tomatoes, cut up
1 medium carrot, chopped
Salt

Prepare and cook Choose-A-Bean Soup Mix as directed through the soaking step. To soaked bean mixture add smoked pork hocks or beef shank crosscuts. Bring to boiling; reduce heat. Cover; simmer 1 hour for pork hocks or 1½ hours for beef shanks. Remove meat. When bones are cool enough to handle, remove meat from bones and coarsely chop. Discard bones. Remove bay leaf. Return meat to pan. Add *undrained* tomatoes and carrot. Cover; simmer 30 minutes more. Season with salt. Ladle into soup bowls. Makes 4 to 6 servings.

CHEESE AND BEAN SOUP

The cheese food with hickory smoke flavor gives a hearty, more robust flavor to this creamy soup—

1 recipe Choose-A-Bean Soup Mix
2 cups milk
1 6-ounce link cheese food *or* cheese food with hickory smoke flavor
Snipped parsley (optional)

Cook Choose-A-Bean Soup Mix as directed through the soaking step *except* reduce water to *4 cups*. Remove bay leaf. In same saucepan mash beans slightly. Add milk and cheese. Cook and stir till cheese melts and soup is heated through. Ladle into soup bowls; garnish each serving with parsley. Makes 4 to 6 main-dish servings.

PICK-A-PASTA SOUP MIX

If you add the dried mushrooms, expect them to be very dark. You'll find the mushrooms in the Oriental or specialty section of your supermarket—

½ cup small shell macaroni *or* other small pasta
¼ cup dry lentils
¼ cup dried chopped mushrooms (optional)
2 tablespoons grated Parmesan cheese
1 tablespoon minced dried onion
1 tablespoon instant chicken bouillon granules
1 teaspoon dried parsley flakes
½ teaspoon dried oregano, crushed
Dash garlic powder

Combine all ingredients in a plastic bag or an airtight container; store, tightly sealed, till needed.

To cook Pick-A-Pasta Soup Mix: In a 2-quart saucepan combine 1 recipe Pick-A-Pasta Soup Mix and 3 cups *water*. Bring to boiling; reduce heat. Cover; simmer 40 minutes or till lentils are tender, stirring occasionally. Ladle into soup bowls. Makes 3 side-dish servings.

PEA POD APPETIZER BROTH

The tiny, white enoki mushrooms are available in the produce section of some large grocery stores. Use sliced mushrooms if you can't locate these mild-flavored specialties—

1 recipe Pick-A-Pasta Soup Mix
3½ cups water
½ of a 6-ounce package frozen pea pods, halved crosswise
2 teaspoons soy sauce
Enoki mushrooms (optional)
Cilantro sprigs (optional)

In a 2-quart saucepan combine uncooked Pick-A-Pasta Soup Mix with water. Bring to boiling; reduce heat. Cover; simmer 35 minutes or till lentils are tender, stirring occasionally. Stir in pea pods and soy sauce. Cover and cook 2 to 3 minutes more. Ladle into soup bowls. Garnish each serving with enoki mushrooms and cilantro. Makes 3 or 4 side-dish servings.

INDONESIAN-STYLE CHICKEN CHOWDER

Complete this spicy soup with a savory vegetable stir-fry or pita bread rounds—

1 recipe Pick-A-Pasta Soup Mix
2 cups water
1 13-ounce can (1⅔ cups) evaporated milk
¾ cup diced cooked chicken *or* one 5-ounce can chunk-style chicken, cut up
1½ to 2 teaspoons curry powder
Apple slices (optional)
Fresh mint leaves (optional)

In a 2-quart saucepan combine uncooked Pick-A-Pasta Soup Mix with water. Bring to boiling; reduce heat. Cover; simmer 35 minutes or till lentils are tender, stirring occasionally. Stir in the evaporated milk, chicken, and the curry powder. Cook 5 minutes more. Ladle into soup bowls. Garnish each serving with apple slices and fresh mint leaves. Makes 3 or 4 main-dish servings.

PEPPERONI AND VEGETABLE SOUP

1 recipe Pick-A-Pasta Soup Mix
3 cups water
1 12-ounce can (1½ cups) vegetable juice cocktail
1 cup frozen mixed vegetables
4 ounces sliced pepperoni, halved, or ½ of a 12-ounce package fully cooked smoked sausage links, sliced (4 links)
Shredded Parmesan cheese

In a 2-quart saucepan combine uncooked Pick-A-Pasta Soup Mix, water, vegetable juice cocktail, and frozen mixed vegetables. Bring to boiling; reduce heat. Cover; simmer 35 minutes or till lentils are tender, stirring occasionally. Stir in the pepperoni or sausage. Cover and simmer 5 minutes more. Ladle into soup bowls. Garnish each serving with Parmesan cheese. Makes 4 or 5 main-dish servings.

Only one word explains why the new Light n' Lively® flavors taste so rich.



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Light n' Lively® is the only half-the-fat slice that starts with a rich blend of Kraft natural cheese. For an incredibly delicious taste.

So why sacrifice?

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WELCH'S WAY

When Thomas Welch first made grape juice back in 1869, there was nobody to tell him how to do it—because, believe it or not, nobody had ever made plain, simple grape juice up till then.

Grape wine, yes. Almost from the beginning of recorded history, men had been fermenting grapes into wine.

But preserving grape juice in its fresh-squeezed natural state had been impossible. Because until the middle of the 19th Century, nobody had discovered a way to keep food pure and healthy without boiling away the delicate aroma and flavor.

But in 1865, Dr. Louis Pasteur discovered that by merely flash-heating a liquid and then quickly chilling it, you could purify it and still retain its natural good taste.



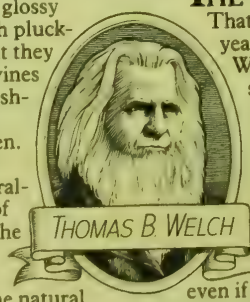
Welch was so conscientious about the quality of his juice that he tasted every batch himself before he'd sell a single bottle.

Such were the beginnings of Welch's Grape Juice—and lots of other good things made by Welch's out of grapes.

THE BEGINNINGS OF WELCH'S WAY

Soon thereafter, Thomas Welch decided to apply the same principle to the juice of fresh grapes.

A grower of plump, glossy Concord Grapes, Welch plucked them at the moment they were perfect from the vines in his backyard, and rushed them to the kettles in his wife's own kitchen. The processing of his grapes thus began literally within a few hours of their harvesting, with the full bloom of flavor still upon them.



So delightful was the natural flavor, Welch never added any other flavor. He certainly never added sugar. Thanks to pasteurization, he needed no preservatives. And if he had—well, nobody had invented them yet. Welch's Grape Juice was all grape juice, and nothing but the grape juice.

THE WAY WE WERE IS THE WAY WE ARE

That was over a hundred years ago, but things at Welch's have changed surprisingly little. We still do things Welch's Way. We still use luscious Concords, so full of juice they can hardly contain themselves. And we still pick them at the peak of perfection—even if sometimes we have to work through the night to do it.

Of course, our grapes don't all come from Thomas Welch's backyard any more. There are over 1650 Welch growers now, in choice grape-growing regions from the State of New York to the State of Washington—but Welch's Way is still the only way they know.

They don't use Mrs. Welch's kitchen now. But they still speed the grapes from the vines to the kettles the very same day they pick them. Usually, a grape that's blooming on the vine at nine o'clock is simmering in the kettles by noon. On an especially good day, it takes as little as an hour.

WELCH'S WAY IS STILL WELCH'S WAY

There's still no sugar added to Welch's Grape Juice. Still no preservatives. Still no artificial colors. Still no artificial flavors.

We do add Vitamin C, though. A lot of people think Vitamin C tastes better when it's purple. And we have a hunch that Thomas Welch would heartily approve. (He would also surely approve of Welch's Frozen Grape Concentrate. Again, no preservatives. Again, no artificial flavors. Or colors. Again, a healthy helping of Vitamin C.)

When we sample our juices, jams, and jellies—well we still do that Welch's Way, too. Nary a bottle or a jar is shipped till we've sampled every batch. Actually, that's the best part of our job—because nobody ever gets tired of that fresh Concord flavor.



But taste is only one of a dozen things we check and double-check. Welch's Way is still the careful way, the prideful way, the make-certain-it's-right way of Thomas Welch. So we check for things like clarity and brilliance. (You can do this yourself if you'd like: shake a bottle of Welch's Grape Juice and compare the richness of the foam with that of any other juice!)

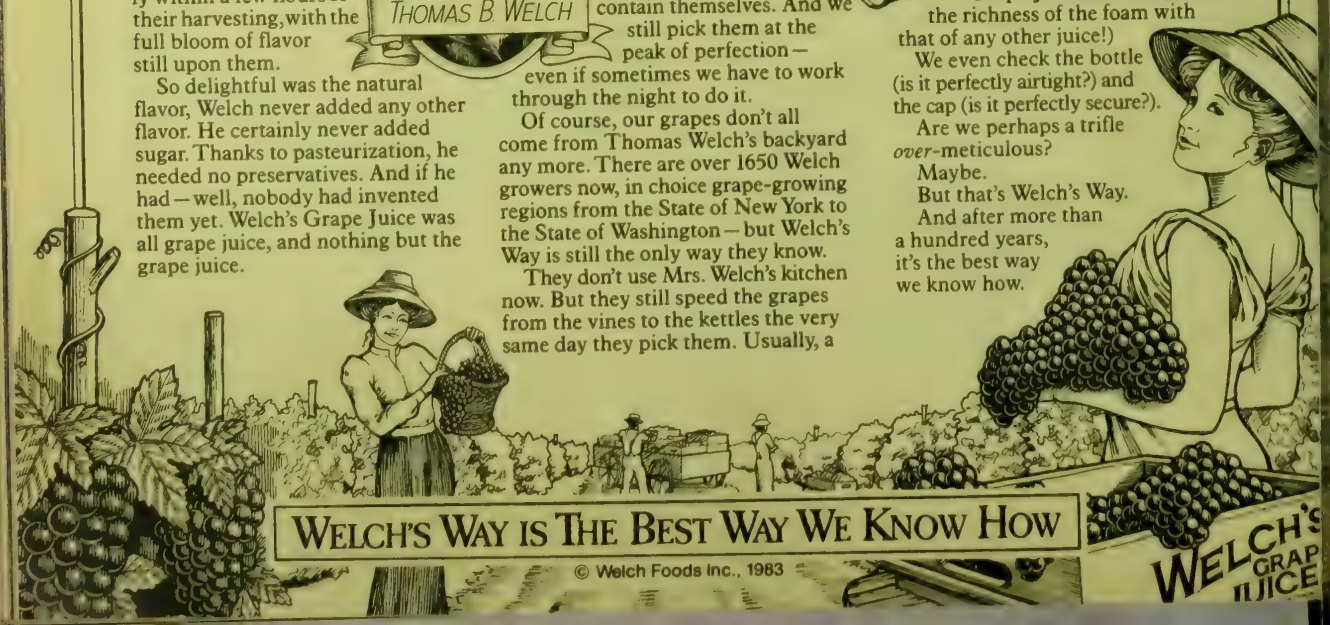
We even check the bottle (is it perfectly airtight?) and the cap (is it perfectly secure?).

Are we perhaps a trifle *over*-meticulous?

Maybe.

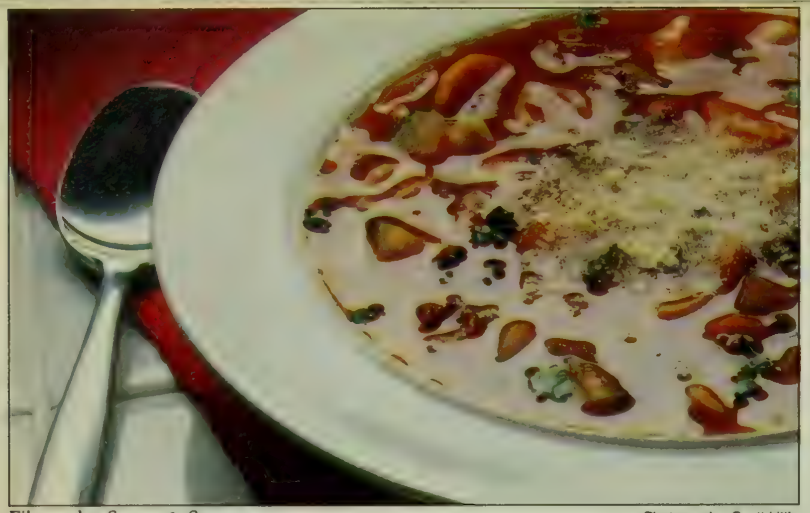
But that's Welch's Way.

And after more than a hundred years, it's the best way we know how.



WELCH'S WAY IS THE BEST WAY WE KNOW HOW

© Welch Foods Inc., 1983



File under Soups & Stews

Photographs: Scott Little

Microwave Soups and Stews

Quick Minestrone Soup

The microwave oven puts this top-notch homemade soup on the table in less than 25 minutes—

- 3 slices bacon, cut up
- 1 medium onion, chopped (½ cup)
- 1 clove garlic, minced
- ¼ cup sliced carrots
- ¼ cup chopped celery
- ½ of a 15½-ounce jar spaghetti sauce
- 1 8-ounce can red kidney beans *or* pinto beans, drained
- ¼ cup small shell macaroni *or* vermicelli
- 1½ teaspoons instant beef bouillon granules
- ¼ teaspoon pepper
- ¼ cup chopped zucchini
- Snipped parsley
- Grated Parmesan cheese

In a 2-quart nonmetal casserole cook bacon, covered, on 100% power (HIGH) about 2½ minutes or till almost crisp, stirring once. Add the onion and garlic. Cook, covered, for 2 minutes or till onion is tender. Drain; set aside. In same casserole combine carrots, celery, and 1 tablespoon *water*. Cook, covered, for 2 to 3 minutes or till vegetables are tender. Stir in 3 cups *water*, the bacon-onion mixture, spaghetti sauce, beans, macaroni, bouillon granules, and pepper. Cook, covered, for 10 minutes, stirring once. Add zucchini. Cook, covered, for 5 to 8 minutes more or till macaroni is tender. Ladle into soup bowls. Sprinkle each serving with parsley and Parmesan cheese. Makes 3 or 4 servings.

Elaine Trzpuc, Center, N. Dak.



File under Desserts

Buying information, page 148.

Cherry Desserts

Cherry and Almond Tarts

Frozen cherries and almond flavoring are a winning blend in this dessert—

- Pastry for two-crust 9-inch pie
- 1 6-ounce can frozen apple juice concentrate
- 1 tablespoon cornstarch
- 1 16-ounce package frozen pitted dark sweet cherries, thawed and drained
- Few drops almond extract
- Whipped cream
- Chopped almonds, toasted

On a floured surface roll dough to ⅛-inch thickness. Cut into twelve 4½- or 5-inch circles. Line muffin cups with pastry; prick. Bake in 450° oven for 12 minutes. Cool in pans on a wire rack. Remove tart shells. In a saucepan combine concentrate, cornstarch, and 2 tablespoons *water*. Cook and stir till bubbly. Cook 2 minutes more. Stir in cherries and extract; cool slightly. Spoon cherry mixture into shells. Chill. Top with whipped cream; sprinkle with nuts. Makes 12.

Nellie Cusworth, Thousand Oaks, Calif.





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Cherry Pecan Surprise

Serve this homespun dessert warm or cooled—

Drain one 16-ounce can *pitted tart red cherries (water pack)*, reserving liquid. Add *water* to reserved liquid to equal 1 cup. Combine 1 cup *all-purpose flour*, 1 teaspoon *ground cinnamon*, ½ teaspoon *baking soda*, and ¼ teaspoon *salt*. Coat cherries with *2 tablespoons* of the flour mixture. Beat 1 *egg* till thick and lemon colored. Gradually add 1 cup *sugar*, beating 5 minutes. Stir in dry ingredients till blended. Melt 1 tablespoon *butter* or *margarine;* stir into beaten mixture with ½ teaspoon *almond extract*. Stir in cherries. Turn mixture into a greased 9x9x2-inch baking pan. Sprinkle ½ cup *chopped pecans* atop. Bake in a 325° oven for 45 to 50 minutes. Combine ¼ cup *sugar*, 1 tablespoon *cornstarch*, and ¼ teaspoon *salt;* add the reserved liquid. Cook and stir till thickened and bubbly. Remove from heat. Stir in 1 tablespoon *butter* or *margarine* and 2 drops *almond extract*. Spoon sauce atop. Makes 9 servings.

Elizabeth S. Bridgwater, Louisville, Ky.



Chocolate and Cherry Ring

This extra-moist cake will remind you of a steamed pudding dessert—

2 cups all-purpose flour
¾ cup sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
⅛ teaspoon salt
2 beaten eggs
½ cup cooking oil
2 teaspoons vanilla
1 21-ounce can cherry pie filling
1 cup semisweet chocolate pieces
1 cup chopped walnuts
Powdered sugar

In a large mixing bowl stir together flour, sugar, baking soda, cinnamon, and salt. In another bowl combine eggs, oil, and vanilla; add to flour mixture. Mix well. Stir in cherry pie filling, chocolate pieces, and nuts. Turn cherry mixture into a greased and floured 10-inch fluted tube pan. Bake in a 350° oven for 1 hour. Cool in pan on a wire rack for 15 minutes. Remove from pan; cool. Sift powdered sugar atop. Makes 12 to 14 servings.

Bobbi Chervin, Cleveland, Ohio



Double Cheese and Cauliflower Soup

Dry potato mix thickens this rich and creamy vegetable potage—

1 small head cauliflower, broken into small flowerets (4 cups)
2 cups water
1 8-ounce package cream cheese, cut up
1 5-ounce jar sharp American cheese spread
½ of a 2½-ounce jar dried beef, rinsed and chopped
½ cup potato flakes *or* buds

In a large nonmetal mixing bowl combine cauliflower and *½ cup* of the water. Micro-cook, covered, on 100% power (HIGH) for 8 minutes, stirring once. Remove from oven; set aside. *Do not drain.* In a 2-quart nonmetal casserole combine the cream cheese, cheese spread, beef, potato flakes, and the remaining water. Cook, uncovered, for 10 to 12 minutes or till mixture is smooth and cheeses are melted, stirring once. Stir till well blended. Stir in the *undrained* cauliflower. Cook 2 to 3 minutes more. Makes 4 main-dish servings.

Joan Gillespie, Tempe, Ariz.



Spicy Fish and Okra Stew

1 pound frozen red snapper fillets
1 tablespoon butter *or* margarine
1 small onion, chopped
1 clove garlic, minced
1 10-ounce package frozen mixed vegetables
½ of 10-ounce package frozen okra
1 cup dry white wine
1 6-ounce can tomato paste
1 cup peeled and chopped tomato
½ cup water
1 tablespoon sugar
1 tablespoon curry powder
½ teaspoon salt
½ teaspoon ground ginger
½ teaspoon ground coriander
¼ teaspoon ground allspice
½ cup broken cashews

Micro-cook fish on 100% power (HIGH) in a 10x6x2-inch dish 3 minutes. Cut into cubes. In a 3-quart casserole cook butter or margarine for 30 seconds. Add onion and garlic. Cook, covered, 1½ minutes. Stir in remaining ingredients *except* nuts. Cook, covered, 12 to 15 minutes, stirring twice. Stir in nuts. Serve with rice. Serves 4 to 6.

Mrs. J. F. Finnegan, Minneota, Minn.


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12 Taco Shells
OLD EL PASO
12 Taco Shells
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LIKE YOU LIKE 'EM.
GOOD 'N FRESH.
OLD EL PASO® Taco Shells give you all the freshness you like in a shell. Because crisp and golden OLD EL PASO Taco Shells are full of the fresh corn flavor of stoneground corn. And a vacuum-wrap–not preservatives–keeps their just-cooked flavor fresh in the box. Next time you make tacos, make them good and fresh. With OLD EL PASO Taco Shells, Taco Sauce and Taco Seasoning Mix.
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M-m-m-make waves!

With Cool Whip® and Jell-O® BRAND Instant Pudding, you can make a smoother, creamier homemade frosting.



Create some excitement at dessert time with the sensational taste of new Smooth'n Creamy Frosting. It's melt-in-your-mouth delicious, with just the right amount of sweetness.

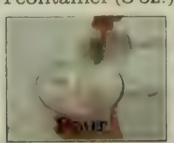
Homemade frosting has never been so smooth and creamy—or so easy. It takes less than 5 minutes to make.

GF GENERAL FOODS

Smooth'n Creamy Frosting

1 package (4-serving size) JELL-O® Brand Vanilla Flavor **Instant** Pudding and Pie Filling (or any other flavor)
1/4 cup confectioners' sugar
1 cup cold milk
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed

Easy as 1, 2, 3.



1. Combine pudding mix, sugar, and milk in small bowl.



2. Beat slowly with rotary beater or at lowest speed of an electric mixer until well blended, about 1 minute.



3. Fold in whipped topping. Spread on cake at once. Makes about 4 cups or enough for two 9-inch layers.



Note: Frosted cake should be refrigerated. For a firmer frosting, let mixture stand 5 minutes before folding in Cool Whip.

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Win Money For Your Recipes

SNACK IDEAS

FAST BEEF ENTRÉES

For a midday pick-me-up, do you serve a wholesome snack? Is your fast beef entrée ideal for impromptu entertaining? Send us your original recipes—you could be a winner. Two Cooks of the Month receive $50 each, four Runners-Up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next September. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Snack Ideas: Send your one-of-a-kind recipes for quick and easy or make-ahead munchies. Perhaps your children help you prepare wholesome goodies. **Tips: sesame-wheat chipsters, banana yogurt dip, apple and nut won tons.**

Fast Beef Entrées: If your timesaving recipe features ground beef, beef steaks, or a beef roast in an innovative way, it could be a winner. Does your specialty get a 1-2-3 start from cooked beef? **Hints: minute-steak with thyme sauce, orange-marinated flank slices, ground beef crescents, peppery beef strata.**

THIS MONTH'S WINNERS

(See recipes on pages 117 and 118.)

Cooks of the Month: Nellie Cusworth, Thousand Oaks, Calif.; Elaine Trzpuc, Center, N. Dak.

Runners-Up: Elizabeth S. Bridgwater, Louisville, Ky.; Bobbi Chervin, Cleveland, Ohio; Mrs. J. F. Finnegan, Minneota, Minn.; Joan Gillespie, Tempe, Ariz.

Honor Roll: Mrs. J. Anderson, Coalmont, Tenn.; Barbara Barker, Oneida, N.Y.; Ann Becker, Carrollton, Tex.; Heidi Copeland, Normal, Ill.; Miranda DeSantis, Bethlehem, Pa.; Dorathy Koopmeiners, Akron, Ohio; Carol Rolph, Milan, Ill.; Annabeth Surbaugh, Shawnee Mission, Kans.; Debbie Vanni, Libertyville, Ill.; Jane Woynarowski, Birdsboro, Pa.

CONTEST RULES

1. Write your name, address, and recipe clearly. Mark it "September Snack Ideas" or "Fast Beef Entrées."
2. Specify brand names of food products you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish.
5. Entries must be postmarked by midnight, February 29. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address the recipes you enter to 8402 Food Department, Better Homes and Gardens, Des Moines, IA 50336.



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20¢ No Expiration Date 744

begins on page 71

100 Ideas

51. TRIPTYCH FRAME, page 72

Finished size is 14x4x13 in.

Materials: Oak pieces: 2 ft. 1x4 in., 2 ft. 1x3 in., two 6x⅜x¾ in., 15x1x¾ in., 1 ft. 2x¾ in. (top cutout); two ⅜-in. pieces ⅝-in. dowel; brass screws: six 1½ in., five 1¼ in.; three 5x7-in. oak frames with glass; nails; glue; screws; varnish.

Instructions: Drill center holes in ⅝-in. dowel pieces to make wood washers.

On 2-ft. oak lengths, angle edges at 40 degrees. Round ends of 15-in. oak if desired. Glue and nail 6x⅜x¾-in. oak pieces to top and bottom of one frame. In 3-in. oak drill two holes for 1½-in. screws 5 in. from ends. Screw through base, wood washers, and into two frames. Glue and screw third frame between first two frames. Repeat for top piece with 15-in. board and holes 1½ in. from ends. On ends of 2x¾-in. board cut and sand design as desired. Turn end pictures sideways; glue and screw carved board to top base board.

Glue and screw 4-in. base board to 3-in. base board. Sand. Varnish.

52. PLANT STAND, page 72

Materials: Three 1½-in. wood balls; 9 ft. 1¼-in. full round rope-twist molding; 3 ft. ¾-in. poplar lumber at least 12½ in. wide; glue; nails; stain; varnish.

Instructions: From molding cut three 36-in. legs. Dado legs ¾ in. wide and ½ in. deep, 5 in. and 20 in. from one end of each leg to hold shelves.

From poplar cut round shelves: two 9¾ in., one 12½ in. Route design on shelf edges between positions for legs if desired.

Glue and nail legs to 9¾-in. shelves at dado points. Glue and nail 12½-in. shelf to leg tops. Glue and nail wood balls to leg bottoms. Sand; finish with stain and varnish or paint.

54. OAK BOOKCASE, page 72

Finished size is 50x32x12 in.

Materials: Four 8 ft. 1x12-in. red oak lumber; ½ sheet ⅛-in. hardboard; glass for doors; 4 magnetic catches; 8 lid supports; eight 2-in. brass butt hinges; varnish.

Instructions: From oak cut two 50-in. ends; one 3x32-in. toeboard; four 30-in. shelves; one 32-in. top shelf. Belt-sand all pieces.

Rabbet ends and top shelf for ⅛-in. hardboard back. Miter ends and top shelf to fit with shelf over ends. Glue and nail in place.

Inset toeboard ½ in. from front at bottom of ends. Glue and nail in place.

Lay out desired spacing for shelves. Glue and nail shelves to end panels. Place shelf back flush with rabbet.

Cut hardboard to fit in rabbet in underside of bottom shelf. Glue and nail.

Rip oak to 1½ in. Make doors to fit openings leaving clearance for hinges and mitering corners. Rabbet door frames for glass; save scraps to use as glass stops. Sand. Rabbet-fit hinges at the bottom door edges. Fit lid supports. Sand and varnish.

Cut glass to fit each door. Install glass. Add glass stops. Fit hardware to cabinet.

57. FABRIC STATIONERY CASE, page 73

Materials: ⅓ yd. velveteen fabric; 1 yd. lace or braid; thread; cardboard; hook-and-loop fastening tape; fabric glue.

Instructions: From velveteen cut rectangles: one 11¾x17½ in., two 11¾x8¼ in., one 1¼x5¼ in.; cut one 3½-in. square. From cardboard cut two 10¼x6¾-in. rectangles.

Sew lace to front side of long velveteen piece in pattern desired. To make pockets from 3½-in. square and 1¼x5¼-in. rectangle, turn under all edges ¼ in. Press. Stitch top edge on each. With wrong side of pockets to right side of bottom 11¾x8¼-in. flap, stitch pockets to flap 2 in. from top and 1½ in. from each side.

Turn top edge of each 11¾x8¼-in. flap under ¼ in. Press. Turn under ¼ in. Stitch.

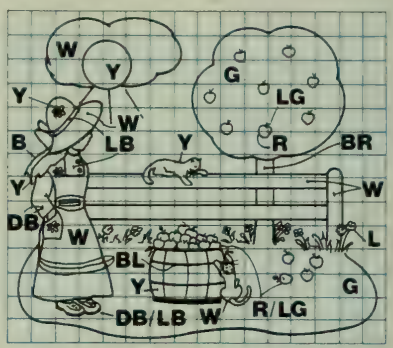
Glue bottom of cardboard to wrong side of long rectangle, placing each piece approximately ¾ in. from bottom and each side. With right sides facing, pin flaps to cover at both narrow ends, leaving about 2 in. open between flaps. At each opening, insert velveteen scrap approximately 3½x3 in. Stitch. Trim seams. Turn right side out. Press. Glue top of cardboard to cover fabric. Turn edges of scraps under ½ in. Press. Glue or hand-stitch in place. Attach fastening tape to lower edge of each pocket.

60. PILLOW-SHAM ART, page 73

Materials: 1 pr. yellow pillowcases; 6½ yds. 3-in.-wide white eyelet; 6½ yds. 1-in.-wide blue eyelet; textile paints: green, blue, light blue, flesh, white, red, purple, black, yellow, light green; acrylic paintbrush; two 14x16-in. pieces batting; two 14x16-in. pieces yellow fabric; thread; cardboard.

Instructions: Enlarge pattern *(above right)* or use your child's drawings. Trace design onto pillowcases. Insert cardboard behind picture. Using textile paints and acrylic brush, color picture from top to bottom. Remove cardboard.

Split case open around outside seams. Place one batting scrap on picture back. Top with one piece yellow fabric. Machine-stitch outline of outside design edges and larger details to give quilted effect. Cut eyelets in half. Place blue eyelet on top of white eyelet. Sandwich between top and back of pillowcase with right sides of case facing and eyelet wrong sides facing pillowcase top. Continue eyelets across case top. Resew pillow side and bottom seams including eyelets. Sew eyelet to top. Repeat for second case. Press.



1 Square = 1 Inch

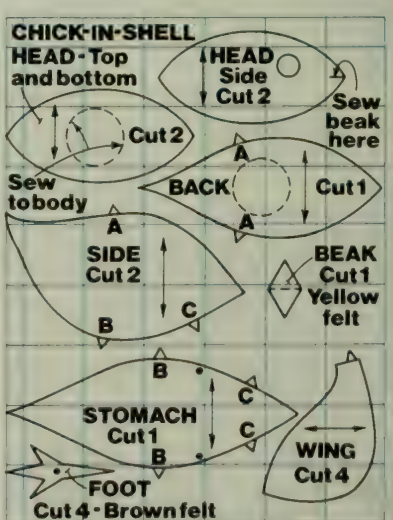
COLOR KEY:

Y - Yellow	R - Red
W - White	L - Lavender
G - Green	BR - Brown
LG - Lt. green	LB - Lt. blue
BL - Black	DB - Dk. blue
B - Blue	

61. CHICK-IN-SHELL, page 73

Materials: 9x18-in. yellow stretch terry; scraps of brown and yellow felt; thread; fiberfill; ¼ yd. unbleached muslin fabric; ¼-yd. calico fabric; 9x18-in. batting.

Instructions: *Chick:* Enlarge pattern *(below)*, adding ¼-in. seam allowances. From yellow felt cut beak. From brown felt cut eyes and rectangles for feet. From yellow terry cut remaining pieces.



1 Square = 1 Inch

With right sides facing, sew wings in pairs, leaving notched end open. Turn. Baste wings to right side of back at notches A. With right sides facing, sew sides to back.

With right sides facing, sew stomach

continued

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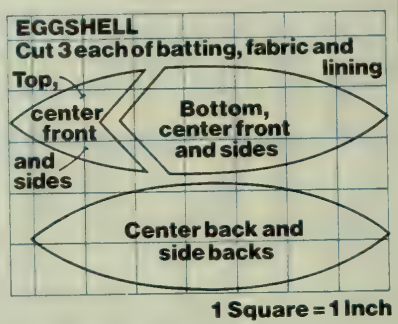
to sides, leaving one seam open between notches B and C. Turn. Stuff. Slip-stitch opening closed.

Layer brown felt rectangles in pairs. Draw foot on top piece of each pair. Zigzag-stitch each foot. Trim close to stitching. Sew feet to body at dots.

With right sides facing, sew head top to head sides. Sew head bottom to sides, leaving opening. Turn. Stuff. Stitch opening closed.

Hand-stitch head to body and beak to head. Hand-appliqué eyes in place.

Egg: Enlarge pattern *(right)*, adding ¼-in. seam allowances. Cut 3 of each piece from batting, muslin, and calico.



Trim batting points and corners to just inside seam line. Baste batting to wrong sides of muslin.

When sewing, stitch along seam lines only. Do not allow stitching to extend into seam allowances at points. With right sides facing, sew muslin backs to center back, bottom center front to bottom side fronts, top center front to top side fronts, side fronts to side backs. Trim batting close to stitching.

Sew calico together in same way, leaving opening in seam created by sewing center back to side back.

With right sides facing, sew bottom front calico to bottom front muslin. Sew top fronts together. Trim seams, clip corners, turn. Stitch opening closed.

62. STUFFED FRUIT, page 74

Materials for strawberry: Cotton fabric: 9x18-in. red, 7x14-in. green; 7x7-in. fusible interfacing; thread; two 9/16-in. buttons; fiberfill.



Instructions: Enlarge pattern on *page 128*, adding ¼-in. seam allowances. Cut strawberry from red fabric, cut leaves from green.

Note: Sew only on seam line. Do not extend stitching into seam allowances at points.

With right sides facing, sew strawberry pieces, leaving opening for turning. Turn. Stuff. Stitch opening closed.

Follow manufacturer's directions to fuse interfacing to one wrong side of each leaf pair. With right sides facing, sew leaves together, leaving opening for turning. Reinforce corners. Trim seams, clip corners, and turn. Stitch opening closed.

Make buttonholes as indicated.

With right sides facing, fold stem on fold line. Sew long side. Hand-stitch tiny running stitches in row ¼ in. from top edge. Pull tightly to gather. Fasten thread. Turn stem and stuff. Hand-sew to center of leaves.

Sew buttons on strawberry top at dots. Button leaves to strawberry.

Materials for banana: ⅞ yd. yellow windbreaker nylon; 1½ yds. off-white rayon/polyester fabric; brown and red fabric scraps; 3 yds. interfacing; 5x8-in. fusible webbing; thread; 30-in. square needle-punch quilt batting; 12 oz. fiberfill; two 22-in. zippers; 18-in. zipper; 1½-in. white hook-and-loop fastening tape; yellow and white embroidery floss.

Instructions: Enlarge pattern on *page 128*, adding ⅝-in. seam allowances.

Note: To cut pattern pieces, either fold fabrics to make one side and front reversed, or flop one set of patterns.

From yellow nylon and interfacing, cut 1 back, 2 sides, 2 fronts, and 1 stem for peel. From off-white, interfacing, and batting cut 1 back, 2 sides, 2 fronts for lining. From off-white cut 1 back, 2 sides, 2 fronts for banana. From off-white and interfacing cut 1 stem end. From brown fabric cut 1 large circle for blossom end. From fusible webbing cut 1 large and 1 small circle for blossom.

To texture fabric for banana, machine-stitch zigzag lines crosswise ½ to ¾ in. apart on off-white pieces.

For banana, with right sides facing sew back to sides and sides to front. Sew center front seam, leaving opening for turning. Turn. Stuff. Slip-stitch closed.

For lining, sandwich batting between interfacing and wrong side of lining

continued



100 Ideas

pieces. Texture as for banana. Sew hook-and-loop fastening tape to back lining as indicated.

With right sides facing, sew back to sides to blossom end. Sew sides to fronts. Sew center front seam from notch to blossom end. Press under ¾ in. on remaining raw edges.

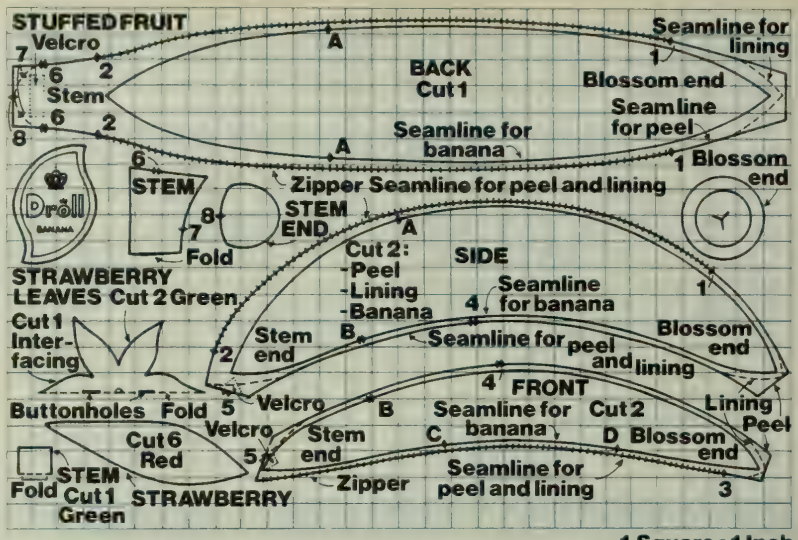
For peel, baste interfacing to peel pieces. With right sides facing, sew back to sides from notches to blossom end. Following directions with zippers, sew 22-in. zippers between notches 1 and 2, stopping at notch 2 for top of zipper.

With right sides facing, sew fronts from notch to blossom end. Install 18-in. zipper from notch to stem end, stopping with top at stem end. With right sides facing, sew sides to fronts. Sew stem to banana back. Sew fastening tape at stem end of front and sides.

Insert lining into peel, wrong sides facing. Hand-stitch lining to zipper tape and stem end. Stuff stem with fiberfill. Stitch in place.

To texture fabric for blossom end, fuse brown fabric circle to large interfacing circle. Make irregular tucks in fabric and fuse to fit smaller interfacing circle. Stitch 3 lines radiating from center of blossom. Stuff peel blossom end lightly and hand-stitch blossom in place, turning under seam allowance.

Enlarge label pattern. Transfer to red fabric. Embroidery details with yellow and white floss. Cut out, adding ¼-in. seam allowance. Turn under seam allowance and stitch to peel. Insert banana in peel and zip closed, fastening stem to front with fastening tape.



1 Square = 1 Inch

63. SPINDLE WASHSTAND, page 74

Materials: Four 36-in. wood spindles; ¾-in. wood dowel; 10 ft. 1x12-in. pine; 12x18x⅛-in. hardboard; 1 drawer pull; glue; nails; paint.

Instructions: Cut one end from each spindle so finished length is 30 in.

From pine cut 11½x17¾-in. drawer support shelf. Notch piece from each corner ½x½ in. to fit around square part of spindles. Glue and nail shelf 4½ in. from top of legs.

Cut 1x6-in. pieces to fit between legs at back and sides. Glue and nail to legs and shelf bottom. Use a clamp to hold square.

Cut 1x2-in. piece to fit between front legs. Glue and nail to shelf and legs. Cut two 1x11-in. pieces. Glue and nail as drawer guides to shelf top ½ in. from front edge between front and back legs.

Make ¾x1-in. frame same length as drawer support shelf frame, to fit between legs. Glue and nail at position for bottom shelf. Cut pine shelf to overhang frame. Notch shelf at corners to fit legs. Glue and nail shelf to frame and legs.

From pine cut 13x21-in. top and 4x27½-in. backsplash. If desired, cut design in backsplash and at ends for handles. Sand. Glue and nail backsplash at 90-degree angle to top. Glue and nail the top to 1x6-in. sides and the leg tops.

Cut two 2x7-in. front handles. Shape to match handles on backsplash. Glue and nail to front legs on center.

Cut 2 dowels to fit between handles. Glue and nail in place.

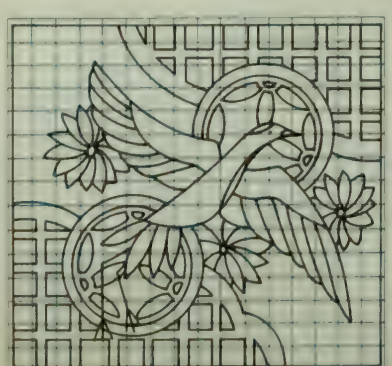
Build simple drawer to fit front opening using ⅛-in. hardboard for bottom.

Sand and paint. Attach drawer pull.

64. SHOWER CURTAIN, page 74

Materials: 45-in.-wide polyester/cotton fabric in following amounts and colors: 4½ yds. rust, 2 yds. each navy and ecru, 1½ yds. white, ½ yd. brown, orange scraps; thread to match; 1 yd. fusible webbing; water-soluble fabric marker.

Instructions: Enlarge pattern *(below)*. Cut out appliqué pieces using photo on *page 74* as color guide. Cut bird body and wings separately, allowing for slight overlap.



CURTAIN 1 Square = 5 Inches

From rust fabric cut two 40x78-in. rectangles. With right sides together stitch seam using ½-in. seam allowance. Hem sides. Hem top and bottom using 3-in. hems.

Spread curtain flat. Position design on curtain. Fuse appliqués to curtain with fusible webbing cut in strips. Machine-appliqué all edges in order: clouds, flowers, circle motifs, bird, legs, and feet. Press.

Make 12 evenly spaced buttonholes at curtain top for rings.

65. PUNCHED RUG, page 74

Materials: Cotton rug yarn in following amounts and colors: 4 skeins rust, 3 skeins ecru, 2 skeins each dark blue, beige, and brown, 1 skein orange; 1 yd. 45-in.-wide burlap; 1 qt. rug latex; rug punch needle; rug frame; staples or tacks; felt marker; tracing paper.

Instructions: On burlap draw 2x3-ft. rectangle. Enlarge and transfer pattern on *page 130*. Stretch taut on frame.

Following directions with punch needle, work design in order: dark brown yarn to outline bird; orange for legs, beak, and spots; ecru to fill in bird; orange to outline flowers; blue for centers; dark brown to fill in petals; work circles in blue and ecru, clouds in beige and rust; use rust to fill background.

Remove rug from frame. Lay flat, wrong side up, on surface covered with plastic or newspaper. Using small cardboard as squeegee, apply latex to rug back. Trim burlap to 4 in. from hooking; trim corners to 2 in. Apply latex to burlap edges. Fold up corners to ½ in. from corner of hooking, press down firmly and fold again, tucking in raw edges. Fold up sides as corners. Allow to dry overnight. Turn rug right side up and clip any loose ends.

continued

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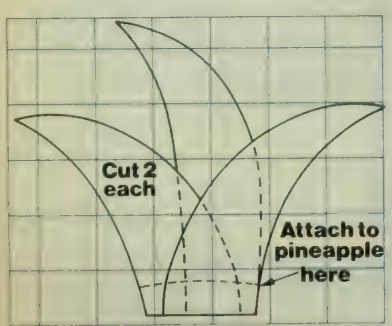


RUG 1 Square = 2 Inches

66. PINEAPPLE RUG, page 74

Materials: 1½ yds. 60-in.-wide yellow terry cloth; ¾ yd. lightweight canvas; ¼ yd. 60-in.-wide green terry cloth; thread; fiberfill; liquid latex (optional).

Instructions: On large piece of paper draw an oblong pineapple pattern. Add 1-in. seam allowance to all edges. Enlarge pattern for leaves *(below)* adding ⅝-in. seam allowances.



1 Square = 2 Inches

From yellow terry cut approximately one hundred 6-in. squares and 1 pineapple. From canvas cut 1 pineapple. From green terry cut 6 leaves.

On canvas pineapple draw horizontal lines every inch beginning 1½ in. from bottom.

Fold a terry square in half. Bring one folded edge end to center, then fold second half to center to make triangle. Pin or baste at raw edge. Repeat for all squares keeping nap in one direction.

At canvas pineapple bottom, lay 3 triangles with raw edges along first line. Sew to pineapple ¼ in. from raw edges. Continue laying and sewing triangles, staggering points and covering raw edges of previous row. Turn under seam allowances on all edges. Press.

With right sides together, sew leaves in pairs leaving bottom open. Trim, clip, turn. Stuff with fiberfill. Baste opening closed. Hand-stitch leaves to each other and to back of canvas pineapple.

Turn under seam allowances on terry pineapple. Press. With wrong sides together hand-stitch terry to canvas. Tack flat any triangles that seem to stand up.

If desired, terry back may be painted with latex to prevent slipping.

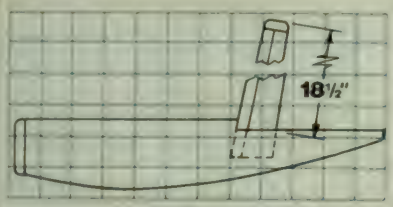
67. ROCKING BENCH, page 75

Materials: 8 ft. 2x4-in. pine; six 8 ft. 1x2-in. pine; 12 ft. 1x4-in. pine; nails; glue; paint.

Instructions: Enlarge pattern *(right)* on paper or cardboard.

From 2x4-in. pine cut two 1½x22¾-in. rockers and 2 back braces 1½ in.





thick tapering from 2⅜ in. at bottom to 1⅜ in. at top. Half-lap back braces to rockers. Glue and nail in place. Sand.

From 1x2-in. pine cut 17 slats 30½ in. long. On pattern space slats for seat and back ¼ in. apart. Adjust spacing if necessary. Place frame on side. Clamp temporary brace inside frame to hold it square. Glue and nail slats to seat and back as on pattern. Belt-sand slat ends flush with frame.

From 1x4-in. pine cut bands to fit as overlays: two sides of frame back and slats; two ends to cover seat slats; seat top over band ends; seat front to cover rocker ends. Make all flush with seat slats. Glue and nail in place. Round edges and sand. Fill nail holes. Prime and paint.

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at means you should have your filter changed regularly. The filter needs to be clean, too, of rse.

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68. MAGAZINE RACK, page 75

Finished size is 16x30x13 in.

Materials: 10⅔ ft. 2x3-in. lumber; wooden dowels: three 36x⅝ in., two 36x1¼ in.; paint; glue; nails; 1½ yds. 30-in.-wide 12-oz. canvas; thread.

Instructions: From 2x3-in. lumber cut two 30-in. top frames and four 17-in. legs. Cut 45-degree angles on top and legs. Glue and nail together to form frame.

Equally spaced along top inside edge of one frame, drill five ⅝-in. holes ¾ in. deep ⅜ in. from top edge. Cut holes out to frame top with sharp chisel so dowel rods will lie flush with frame top edge. Repeat on remaining inside frame edge, lining up holes across. Cut ⅝-in. dowels 14 in. long to fit between holes.

Drill holes in each leg for 1¼-in. rods; center holes 2 in. and 9¼ in. from leg bottom. Cut 1¼-in. dowels into four 17-in. pieces. Glue and nail in holes with ½ in. extending on each side. Sand and paint.

For pockets: From canvas, with pinking shears, cut two 13¾-in.-wide strips length of canvas. With right sides facing, sew strips together, using ½-in. seam allowance, to make one long strip. Turn under each long side ½ in. Press. Zigzag-stitch.

On one short end turn under ½ in. Press. Turn under 1¼ in. Stitch. Stitch again close to first stitching. On right side measure 20 in. from bottom row of stitching. Add 2½ in. Fold fabric with wrong sides facing, with center of 2½ in. at fold. Stitch 1¼ in. from fold. Stitch again just below first stitching. Repeat folding and stitching two more times. Measure 23 in. from last stitching. Trim off excess fabric. Fold under ½ in. and finish as for first end.

Insert dowels through casings made at stitching. Place dowels in holes on frame.

69. CANE PLACE MAT AND NAPKIN RING, page 75

Finished size for mat is 13x18 in; napkin ring, 2 in.

Materials for set of four: 2x5-ft. piece of rattan seating; 9 yds. bias tape; glue.

Instructions: For each place mat cut 13x18-in. oval from seating. Apply glue to cut edges. Machine-stitch bias tape to edges using heavy-duty needle.

For each napkin ring cut 6¼x2-in. strip from seating. Apply glue to edges. Stitch bias tape to long edges. Glue remaining raw edges together to form ring.

If desired, spray or brush place mats and napkin rings with lacquer or varnish to prevent staining.

70. WALL-HUNG BALLOON, page 75

Materials: 2 sheets ⅛-in. hardboard; 10 ft. 1-in. pine; 1 yd. red fabric; ½ yd. each felt: blue, green, yellow, and or-

continued

100 Ideas

ange; blue yarn; fiberfill; straw basket; 10x8x1-in. pine; glue; nails; dark brown paint.

Instructions: From hardboard cut front and back frames for balloon following drawing on *page 134.* Glue and nail frames together, separated by 1-in. pine pieces.

Cut basket in half. From 10x8x1-in. pine, cut base to secure basket half to wall. Paint board dark brown. Nail basket to base.

From red fabric cut base for balloon adding enough seam allowance to cover frame edges and to pull to back. From felt cut rib panels. Sew felt ribs to backing fabric. Stretch backing fabric over frame and staple at back, leaving opening for stuffing. Stuff with fiberfill. Staple opening closed.

From blue yarn make ties and lines. Sew to balloon and basket (see drawing). Attach basket and balloon to wall.

71. DOLL HIGH CHAIR, page 75

Materials: Wooden dowels: two 36x¼ in., two 36x⅝ in.; 1 ft. 1x12-in. pine; two 1½-in. No. 7 roundhead brass screws; glue; nails; varnish.

Instructions: From pine cut 6½x7-in. seat; 7¾x2x½-in. tray; 7¼x¾x½-in. tray arms; 6½x¾x½-in. back brace.

From ¼-in. dowels cut two 3½-in. arm supports; two 6½-in. backrests; four 6¾-in. leg braces.

From ⅝-in. dowels cut four 10-in. legs; two 5¾-in. arms; two 8-in. backs; two ½-in. spacers.

Taper one end of arms. Drill holes on ⅝-in. back dowels 4¾ in. from top. Glue arms into back dowels. Cut slight angle on leg dowel top edges so legs glued ½ in. from each seat corner will have tops 4 in. apart and bottoms 6 in. apart. Drill holes for legs ½ in. from seat corners. Taper leg top edges to fit into drilled holes. Glue legs into seat. On legs drill holes for braces (measurements are from leg bottoms): 2¼ in. for front and back braces and 3 in. for side braces. Glue braces in place.

Angle and taper ⅝-in. back dowels as for legs. Taper back brace ends. Drill holes 1 in. from top of back dowels. Glue brace in place. Drill holes for backrest dowels 1½ in. from each end of back brace. Glue dowels in place. Drill holes in each arm 2¼ in. from front edge. Glue arm supports in place.

In seat drill holes ¾ in. from back corners for back, at seat back 1¾ in. from each side for back rests, and on sides 3 in. from front edges for arm supports. Glue arms and back to seat.

For tray, dado top ¼ in. deep and 1⅝ in. wide leaving rim at front and back. Glue and nail tray arms to tray. Drill holes through tray arms ½ in. from back edge and through center of spacers. Screw tray to back, 3¾ in. from top, using spacers between back and tray arms. Round all edges. Sand. Finish with varnish.

74. PADAUK DRUM, page 76

Materials: 18x7x¾-in. padauk wood; 48x1x6-in. pine; 18x7x¼-in. fir plywood; wooden dowels: 1 in. and 5/16 in.; two 1-in. rubber balls; glue; nails.

Instructions: From pine build box with no top or bottom 7 in. wide and 18 in. long. Glue and nail plywood to fit bottom. In center of one long side drill five ⅝-in. holes in a 2½x2½-in. cross pattern.

In padauk drill four ⅜-in. holes on each end with hole centers 2½ in. from ends and 1¼ in. on centers. Cut 4 slots the width of a jigsaw blade from center to center of corresponding holes across top of drum. Crosscut three resulting strips at following distances from one end: first strip 5 in., center strip 9 in., third strip 6 in. Round ends of each cut. Sand. Glue and nail padauk to box top.

From pine cut two 1⅜x2-in. pieces. Drill two ⅜-in. holes centered in each piece. Glue and nail to one side of box to



hold the playing sticks.

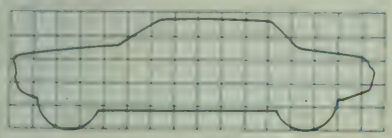
From $^{5}/_{16}$-in. dowel, cut two 9½-in. sticks. Drill ⅜-in. hole in each rubber ball. Glue ball to sticks.

From 1-in. dowel cut four ½-in. legs. Glue to box bottom at corners.

75. INDESTRUCTIBLE RACER, page 76

Materials: Lumber pieces: 2x4x15 in.; 1x4x30 in.; four 2½-in.-diameter wooden wheels; ⅜-in. wooden dowel; 2 thumbtacks; glue.

Instructions: Enlarge pattern *(below)*. From 2x4 cut car shape. For axles drill $^{13}/_{32}$-in. holes 2½ in. from front and 3 in. from rear, ½ in. up from car bottom.



1 Square = 1 Inch

On 1x4 trace 2 car shapes marking cutout for wheels plus ¼ in. clearance around wheels. Cut out. Sand wheel wells. Glue and clamp 1x4 sides to each 2x4 car side. When dry, sand car.

Cut two 3⅛-in. axles from ⅜-in. dowel. Glue 1 wheel to each axle. Insert axles through car. Glue remaining wheels to axles. Push thumbtacks into car front for headlights.

76. MAIL DROP BOX, page 77

Materials: 13x13¾-in. tempered hardboard; 32x12x1-in. pine; nails; 13x1½-in. continuous hinge; 12½x13½-in. piece acrylic plastic; paint; screws.

Instructions: From 1-in. pine cut two 14½x6-in. sides, 12x6-in. bottom, 13½x6-in. top, and two 1x1-in. supports. Rabbet sides and bottom for hardboard back. Cut dadoes for plastic front piece. Nail back, sides, and bottom together using butt joints.

Rabbet one support to hold back. Fit support inside box flush with top. From back cut hole to fit mail slot. Glue and nail back in rabbet. From top cut 1-in.-wide strip. Nail strip to box top at back. Attach remaining top piece with hinge.

Slip acrylic in dadoed slots. Nail remaining support over plastic.

Sand. Paint. Screw unit to door.

78. RAINBOW-DYED GARMENT BAG, page 77

Materials: 2⅛ yds. 48-in.-wide heavy cotton duck fabric; 40-in. heavy-duty zipper; 7⅓ yds. light cording; thread; .35-oz. pkg. each fabric dye: red, orange, yellow, green, blue, and purple; squeeze bottle; salt; fabric protector spray; acrylic varnish spray; 20x4-in. piece heavy cardboard.

Instructions: Machine-wash and dry cotton duck fabric several times.

For dying fabric: Thoroughly clean

continued



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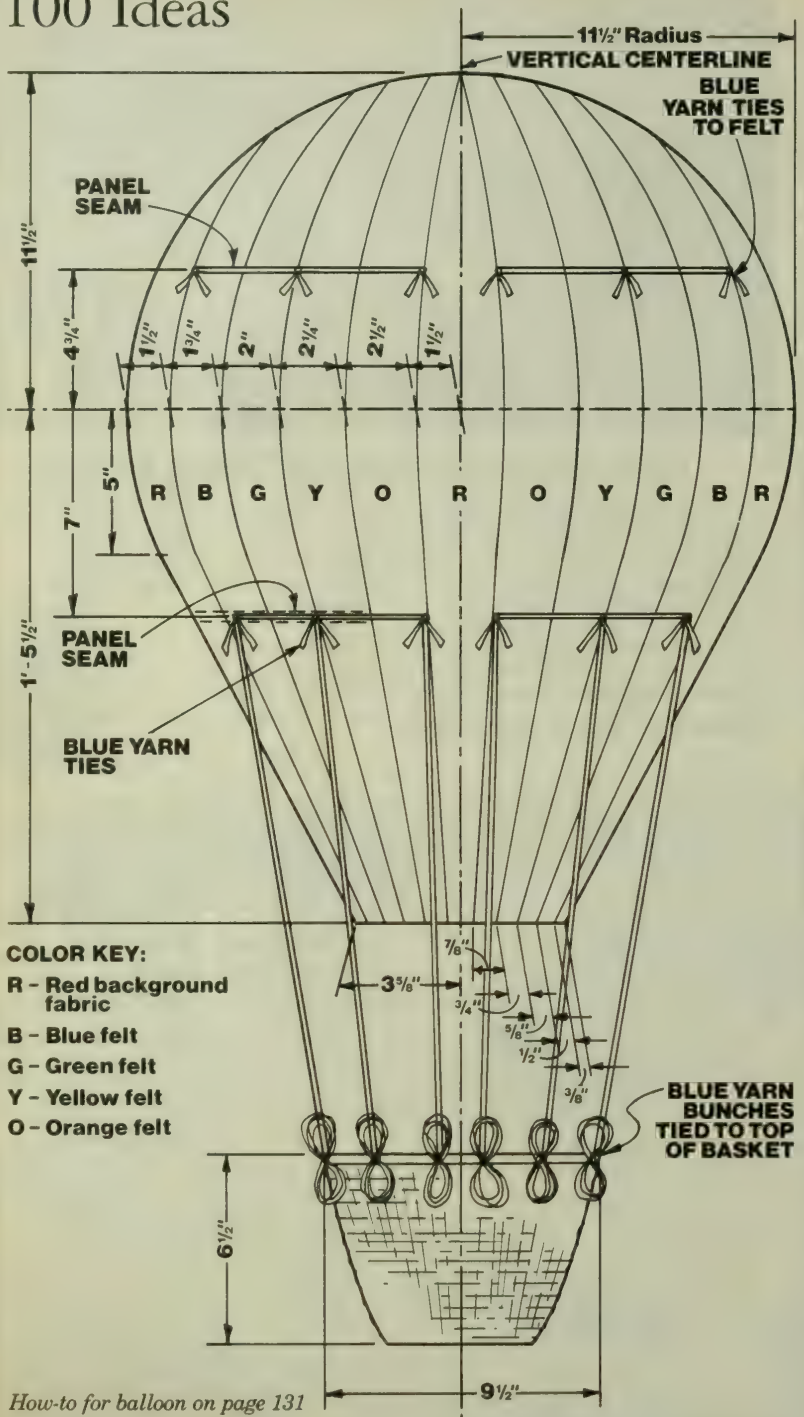
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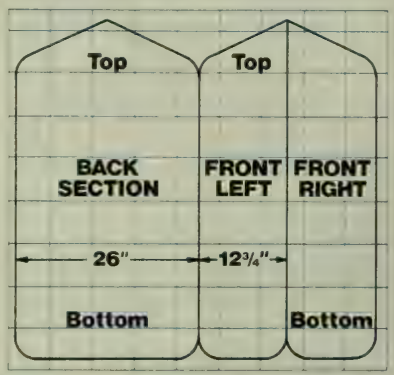


How-to for balloon on page 131

large open area so fabric will lie flat. (A concrete basement floor or driveway will work best.) Mix each dye separately as follows: In pan mix 20 oz. water, 2 tsp. dye, and 1 tbsp. salt. Bring to boil. Remove from heat and cool slightly. Pour dye into squeeze bottle.

Thoroughly wet duck fabric and cleaned surface. Lay fabric flat; remove air bubbles. Using squeeze bottle, squirt dye on fabric in diagonal lines (or design of your choice). Repeat mixing and squirting remaining dyes. Do not overlap dyes or they will run together. Let stand 30 minutes. Rinse fabric thoroughly until water runs clear. (A garden hose is handy for this.) Dry fabric in dryer. Press.

Enlarge pattern *(below)*. From duck fabric cut pieces shown, plus 3 pieces 6 in. deep the width of fabric for side panels and bottom, and 2 pieces 2½ in. deep the width of fabric for zipper. Sew 2½-in. side zipper pieces together. Install zipper in this center seam. Sew front side pieces to completed zipper sides. Press. Remove stitching from



1 Square = 6 Inches

seam over zipper. Trim back piece to exact size of front.

Sew one end of 6-in. right side piece to other end of bottom. Fold in half lengthwise to find bottom center. Approximately 34 in. from bottom center, taper both fabric sides to 4-in.-wide ends. Fold under ¾ in. on each side. Press. Lay cording inside fold. Stitch close to cording to form piping for bag.

With right sides together, start at center bottom of back and side pieces and pin together, fitting sides at bottom and shoulder corners. At center peak, fold back excess side fabric. Trim side fabric leaving 4-in. ends. Stitch. Pin front to side pieces as for back. Stitch.

With bag wrong side out, turn back 4-in. ends and stitch to side seams. Stitch along all edges to reinforce opening.

With bag wrong side out, position cardboard along one seam at bag bottom. Stitch or glue in place along one seam only. Press.

Spray all surfaces on right side with fabric protector. Spray inside of bag several times with acrylic varnish spray. If desired, silk-screen signature in lower corner, or sign with nonwashable marker. Press.

81. FLOWER CART, page 77

Materials: 1 sheet ½-in. A-C fir plywood; 6 ft. 2x2-in. fir; 3 ft. 1⅜-in. closet pole; 3x4-ft. sheet ¼-in. tempered hardboard; two 26-in. wheels with balloon tires; 36x¾-in. axle; two ¾-in. set collars; two ¾-in. flat washers; paint; glue; nails; screws.

Instructions: From plywood cut 26½x34-in. bottom; two 12x26½-in. ends; two 18x44-in. sides. From sides

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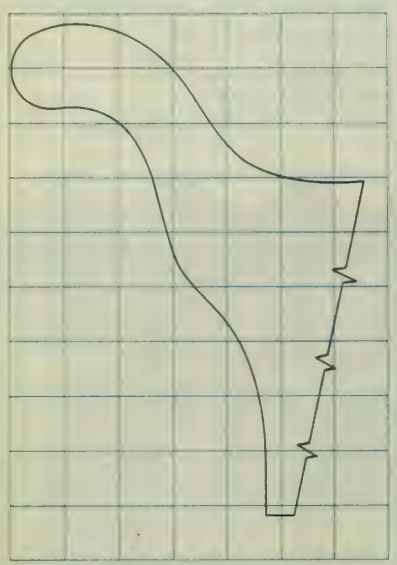


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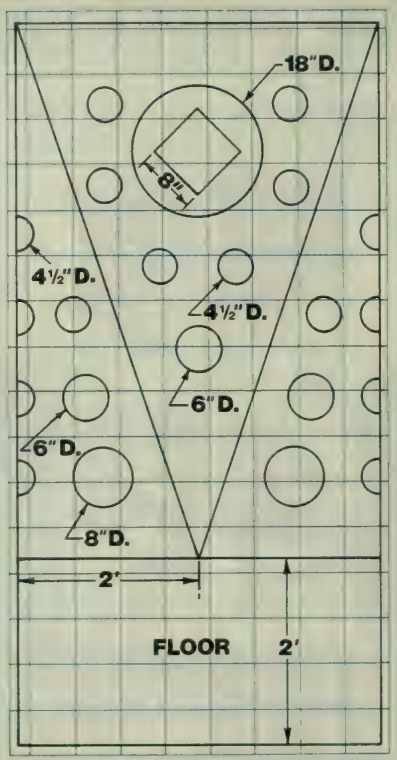
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100 Ideas

cut handle shape (see drawing *below*) starting 34 in. from front. Cut remaining 34 inches down to 12 in. high.



1 Square = 2 Inches



1 Square = 6 Inches

Glue and nail ends to bottom, also sides to ends and bottom.

From closet pole, cut 26½-in. handle. Glue and nail between sides.

From scrap plywood, rip 2-in. pieces for cleats. Glue and nail cleat cut to fit across box center 2½ in. from cart box top. Cut strips to fit sides and ends. Glue and nail even with center cleat.

From 2x2 cut 2-ft. support leg. Cut hole through cart bottom at center back. Glue and nail support leg to box, cleat, and bottom.

From 2x2 cut 27-in. axle holder. Dado to hold axle. Place cart box with top down. Insert axle in holder. Screw axle holder to box bottom 14 in. from front edge.

Fill nail holes. Sand. Paint.

Attach wheels to axle with ¾-in. washer, wheel, and set collar outside each axle.

From ¼-in. tempered hardboard cut 26x33½-in. plant holder. Cut twelve 6-in.-diameter holes evenly spaced. Sand and paint cart and holder. When dry, place plant holder inside cart to rest on corner cleats.

82. PYRAMID PLAYHOUSE, page 77

Materials: 2 sheets ½-in. waferboard; 8 prs. 2-in. loose-pin butt hinges; 64 flat-

continued on page 139



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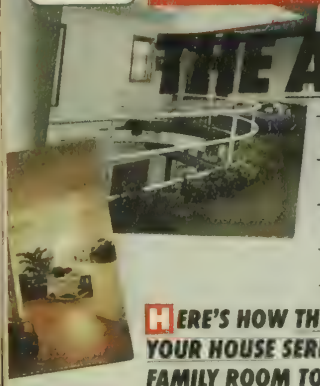
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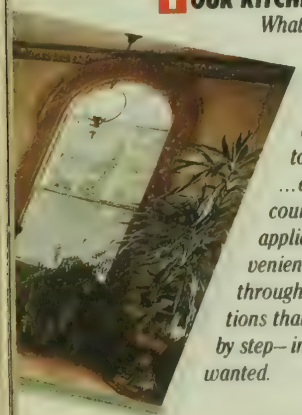
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BUILDING

Made-to-Measure Furniture

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Conduct a few experiments

There is no special formula for designing furniture that's ergonomically correct—sized to fit the proportions and body movements of the user. However, you can get a reasonably close fit by conducting a series of informal experiments. For example, when building a table, cut out the top and support it temporarily on sawhorses or cardboard boxes at heights that vary as much as five inches (plus or minus) from the conventional 30 inches. Sit near it on a straight chair and see how it feels.

If you're making a dining chair or office chair, place a seat-size piece of wood at heights that vary an inch or so from the conventional 18 inches. Chairs for lounging and informal dining can be as low as a foot off the floor.

Note that the back of the chair seat should be lower than the front. Vary the difference from ¾ inch to 1¼ inches. The depth of the seat should equal the distance from the back of your knee to your spine, a measurement that may range from 15 to 17 inches. The distance from the top of the seat to the top of the armrest (if there is one) can vary from six to seven inches.

Another measurement to consider is elbowroom: what table size do you need to seat six? Generally, reserve 22 to 26 inches of elbowroom per person; two people can sit comfortably side by side at a table that's 42 inches long. For seating at the narrow ends of a rectangular table, make the ends about a yard wide. For seating four persons, a round dining table should measure at least 37 inches in diameter; for six, 48 inches; for eight, 68 inches. When in doubt, cut a tabletop of corrugated cardboard and ask your family to sit around it on your dining chairs (or make allowance for the width of chair they'll be using).

Other particulars include the angle of the backrest on a straight chair, the height of a rocking chair, and the height of a drafting stool. To determine dimensions like these, experiment with scraps of lumber rigged up in various positions until the design conforms to your specifications.

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DILLED POTATO SALAD

- 2 16-ounce cans sliced potatoes, drained
- 1 8-ounce can peas and carrots, drained
- 1 2½-ounce can sliced mushrooms, drained
- 1 2-ounce jar sliced pimiento, drained
- ⅓ cup mayonnaise *or* salad dressing
- 1 tablespoon vinegar
- 2 teaspoons prepared mustard
- ½ teaspoon salt
- ½ teaspoon dried dillweed
- Dash pepper
- Leaf lettuce

In a large bowl combine the potatoes, peas and carrots, mushrooms, and pimiento. In a small bowl combine mayonnaise or salad dressing, vinegar, prepared mustard, salt, dillweed, and pepper. Pour the mayonnaise mixture over the potato mixture; toss lightly to coat the vegetables. Cover and chill thoroughly. Just before serving, turn the chilled salad into a lettuce-lined bowl. Makes 6 servings.

ANTIPASTO SALAD

Look for pepperoncini (pickled peppers) in the pickle section at a grocery store—



- 1 8-ounce can cut Italian green beans *or* cut green beans, drained
- ½ of a 15-ounce can garbanzo beans, drained
- ½ cup sliced pitted ripe olives
- ½ cup sliced pepperoncini *or* pickled chili peppers
- 1 2-ounce can sliced pimiento, drained
- ⅓ cup olive oil *or* salad oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano, crushed
- ¼ teaspoon salt
- ⅛ teaspoon garlic powder
- ⅛ teaspoon pepper
- Bibb lettuce

In a medium bowl combine Italian green beans, garbanzo beans, sliced olives, pepperoncini or chili peppers, and pimiento.

In a screw-top jar combine oil, lemon juice, oregano, salt, garlic powder, and pepper. Cover and shake well. Pour dressing over the vegetable mixture; toss gently to coat. Cover and refrigerate several hours or overnight, stirring occasionally. To serve, drain vegetables with a slotted spoon. Serve marinated vegetables on individual lettuce-lined plates. Makes 6 servings.

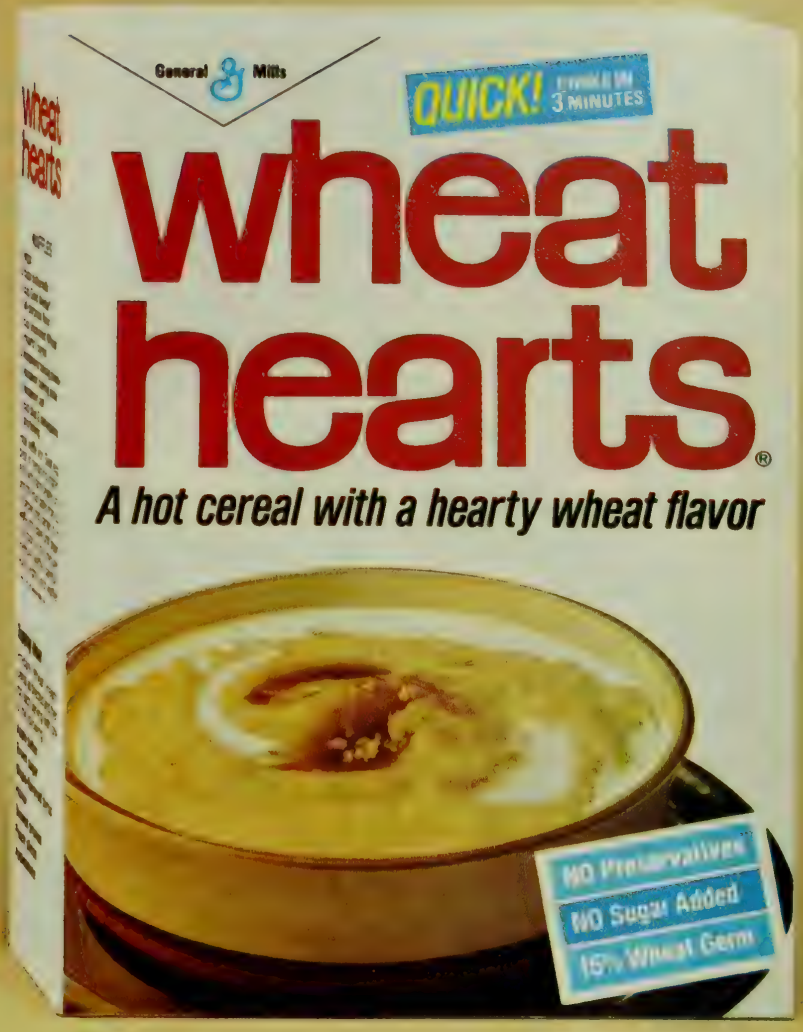
Photographs: Mike Dieter

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All-Purpose Buttermilk Powder makes your favorite foods taste even better...

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Just a few tablespoons of Swiss Miss All-Purpose Buttermilk Powder add richness and flavor to almost any recipe. So you can create creamier cream soups, tastier casseroles, thicker sauces and dressings.

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Bring out the best in your favorite foods. Add a little richness with Swiss Miss All-Purpose Buttermilk.

WALDORF SALAD SUPREME

1 package (8 oz.) cream cheese, softened
1/4 cup buttermilk powder
2/3 cup water
2 bananas, sliced
1-3/4 cups diced apple
1 cup seedless grapes
1 cup diced celery
1/2 cup dark raisins
1/2 cup chopped pecans

Combine cream cheese and Swiss Miss All-Purpose Buttermilk. Gradually beat in water until smooth; set aside. In large bowl, combine bananas, apple, grapes, celery, raisins and pecans. Pour dressing over salad. Toss gently and chill at least 1 hour before serving.
Makes 6 servings.

We make good things with milk.

Swiss Miss

CRAFTS

Mud Room Decor for Kids

For a quick wall decor in a mud room, try this simple craft technique. Using self-adhesive plastics and your kids' favorite drawing, you'll get big-impact, low-cost results. Your young ones will love a room personalized with their own artwork.

Materials: Slide photograph of youngster's drawing; slide projector; newsprint or large pieces of butcher paper; masking tape; paper clips; 1 yd. each of several plain-colored self-adhesive plastics; 2 yds. black self-adhesive plastic; scissors; pencil.

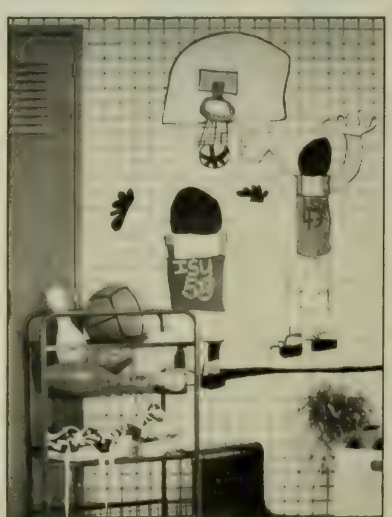
Instructions: Slip slide into projector and project drawing on wall, enlarging the image to fill wall space you wish to decorate. *Note:* If mud room doesn't allow enough space for making desired image size, measure space you wish to fill and work in another room where you can place the projector farther from wall.

Tape large sheets of newsprint or butcher paper to wall where image is projected with small pieces of masking tape. Trace design onto paper with pencil. Gently remove tape from wall to avoid pulling off wall paint. Cut out basic parts of enlarged drawing such as house, tree, people, or animals.

Attach basic parts to black adhesive plastic with paper clips or small pieces of masking tape and cut out. Remove clips or tape as you cut. Do not remove protective back from black plastic. Place black shapes on worktable for decorating with colored plastics.

Cut away ¾ in. around basic pattern. For each colored piece such as a rooftop, hair, hand, or clothing shape, cut ½ in. inside each line to make a pattern for each shape.

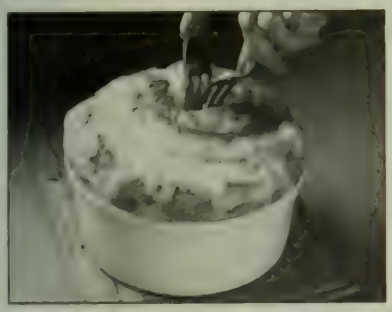
From a variety of colored plastics, cut colored shapes. Remove protective papers from backs of plastic cutouts and apply cutouts to basic black figures. Be sure to center cutouts inside each space so that black outlines appear around each shape.



When all shapes have been applied, remove protective paper from backs of figures and apply figures to wall.

Design Adam Jerdee Photograph Perry Struse

Four-Star Soufflé



Cloudlike soufflés impress everyone, everytime. And you can present this classic main dish at the dinner table with just a little extra effort. The secret to a light soufflé is the proper beating and folding in of egg whites. Practice your technique on this outstanding seafood version.

CAMEMBERT-CRAB SOUFFLÉ

- **¼ cup finely chopped celery**
- **2 tablespoons sliced green onion**
- **1 small clove garlic, minced**
- **3 tablespoons butter *or* margarine**
- **3 tablespoons all-purpose flour**
- **1 teaspoon dry mustard**
- **1 cup milk**
- **5 ounces camembert cheese, rind removed and cubed**
- **1 6-ounce can crab meat, drained, flaked, and cartilage removed**
- **5 egg yolks**
- **7 egg whites**

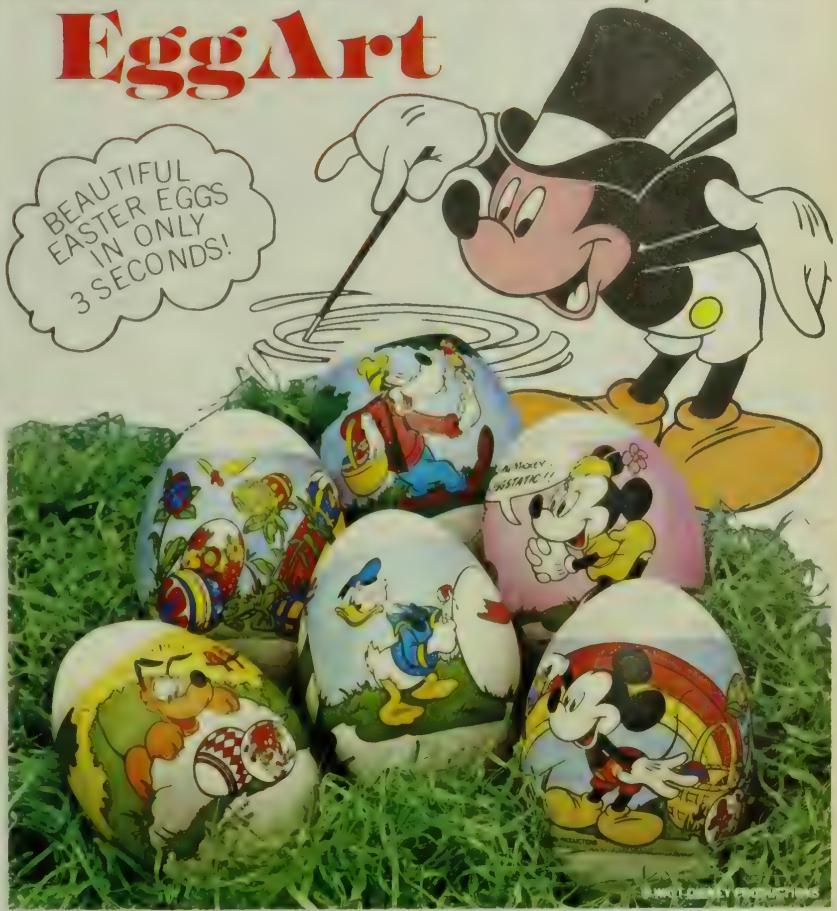
Butter one side of a foil strip. Secure strip around a 2-quart soufflé dish, extending it 2 inches above dish. Cook celery, onion, and garlic in butter till tender. Blend in flour, mustard, ¾ teaspoon *salt,* and dash *pepper.* Add milk. Cook till bubbly. Add cheese and crab; stir to melt cheese. Remove from heat. Beat yolks 5 minutes or till lemon colored. Add cheese mixture to yolks, stirring constantly. Wash beaters. Beat egg whites to stiff peaks; slowly fold yolk mixture into whites. Turn into dish. Bake in 350° oven 40 minutes or till knife inserted near center comes out clean. Serve immediately. Serves 6.

Photograph: Mike Dieter

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The deck is constructed of treated pine and is only eight feet wide. It runs the full 26-foot length of the house and wraps around the corners at both ends. French doors allow easy access to the deck from two rooms in the house—the living room (shown through the open door in the photo *above*), and the master bedroom (a few feet beyond). During summer parties the doors are opened to encourage use of the deck.



Both sets of doors replace original double-hung windows. And because the lattice screen offers plenty of privacy, it isn't necessary to cover the glass with draperies. The doorway opening into the living room is trimmed with the same molding used around the windows and baseboard.

Photographs: Bill Helms. Design: Rudy Harrell
Field editor: Ruth Reiter



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CALICO CAKE

2½ cups all-purpose flour
½ cup packed brown sugar
¼ cup butter *or* margarine
⅓ cup chopped walnuts
1 cup granulated sugar
1 teaspoon baking soda
½ cup shortening
2 eggs
1¼ cups buttermilk
1 teaspoon vanilla
1 6-ounce package semisweet chocolate pieces

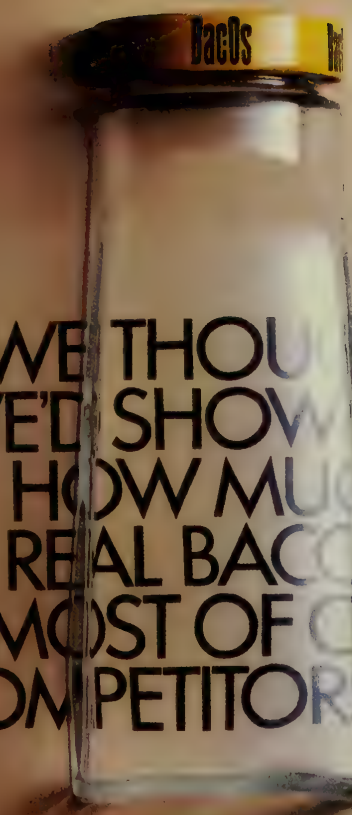
Combine *½ cup* flour and brown sugar; cut in butter or margarine. Stir in nuts; set aside. Combine remaining flour, granulated sugar, soda, and ½ teaspoon *salt.* Add shortening, eggs, *1 cup* buttermilk, and vanilla; beat well. Melt chocolate. To *1 cup* batter, stir in chocolate and remaining ¼ cup buttermilk. Alternately pour batters in greased 13x9x2-inch pan; cut through with knife to marble. Top with reserved nut mixture. Bake in a 350° oven for 30 to 35 minutes. Cool.

HONEY CRUNCH CAKE

3 tablespoons butter *or* margarine
2 tablespoons brown sugar
2 tablespoons honey
½ cup flaked coconut, toasted
⅓ cup unsalted sunflower nuts
1 teaspoon vanilla
1 2-layer-size package carrot *or* oatmeal cake mix

Heat butter, sugar, and honey till butter melts. Stir in coconut, nuts, 1 tablespoon *water,* and vanilla. Turn into buttered 10-inch fluted tube pan. Prepare cake mix following package directions; pour into pan. Bake in a 350° oven for 50 minutes. Cool 10 minutes; invert cake onto rack. Cool.

Photograph: Mike Dieter



WE THOUGHT WE'D SHOW YOU HOW MUCH REAL BACON MOST OF OUR COMPETITORS USE.

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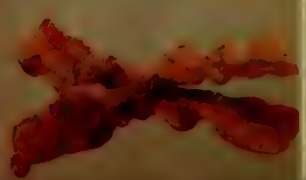
Hormel. The real bacon bit.

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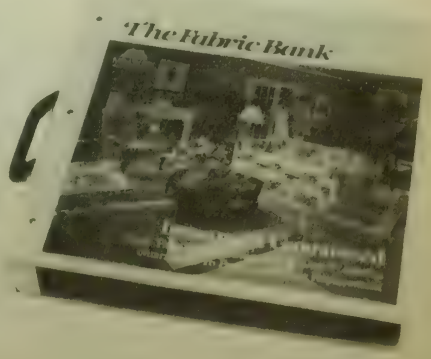
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BREAD AT ITS BEST

continued from page 136

100 Ideas

head bolts, nuts, and washers; paint.
Instructions: Clamp 2 waferboard sheets together. Cut through both sheets following diagram on *page 136.*

Install hinges using bolts, nuts, and washers on all joints, including four half panels. Sand. Paint.

Place 2 floor panels on ground. Position pyramid over outside floor edges. Add peak circle, using small dowel as securing peg if necessary.

83. OAK COFFEE TABLE, page 78

Finished size is 24½x42½x18½ in.
Materials: 4x4-ft. sheet ¾-in. red oak plywood, veneer core; red oak lumber: 12 ft. 1x12 in., 8 ft. ½ in.; ¼ sheet ¼-in. hardboard; three 8-ft. oak plywood edging; stain; polyurethane; nails; glue; screws.
Instructions: From 1-in. lumber, laminate 3 boards together by gluing and clamping to make 4 legs each 18½ in. long. After cutting legs to length, bevel or taper leg tops ¼ in. and bottoms ⅛ in.

Note: Sand all pieces as you work.

From red oak plywood, cut 24x42-in. top. Cut 2x2-in. notch from each corner for legs. Band all sides with plywood edging. Glue and nail top to legs.

From 1-in. lumber, cut two 20x3¾-in. end skirts and two 38x3¾-in. side skirts. From 1 side skirt cut two 9-in. ends and one 20-in. drawer front. Mark right side for drawer front and put this board aside until you build the drawer. Cut cleat strip from scrap lumber and nail to each skirt back. Glue and screw cleat to tabletop bottom.

For bookshelves: From plywood cut two 10x22-in. shelves and two 15x22-in. center panels. Notch 10-in. shelves for legs and 15-in. panels for skirts. Glue and nail in sets at right angles. When dry, cut cleat for center shelves. Nail cleat to shelves. Glue and screw to tabletop bottom. From ½-in. lumber cut two ⅝-in. strips to fit between legs and center panel of each bookshelf. From ½-in. lumber cut 2 vertical slats for each bookshelf side 1¾ in. wide and to length to fit. Nail vertical slats between strips. Fit these between shelves and skirt. Glue and nail in place.

From 1-in. lumber make frame for magazine rack center section to fit between bookshelves. Cut seven 2x¾-in. boards to fit rack frame. Space boards evenly in frame. Glue and nail in place.

For drawer guides make frame from ¾x¾-in. lumber to fit inside center top section. Add 1⅛x¾-in. drawer guide. Notch this center guide to fit around frame. Glue and screw center guide to frame and to center panels, placing frame flush with skirt bottoms.

From ½-in. lumber build drawer with sides 3 in. high to fit inside center opening. Cut drawer bottom from hardboard to fit inside drawer frame and position bottom ¼ in. from bottom frame edges. From hardboard cut 2 strips ¼-in. wide for center guide. Position on drawer bottom to correspond to center guide on coffee table frame. Notch drawer back to clear center drawer guide. On skirt cut for drawer front, route space for hidden hand pull on lower back edge, if desired. Glue and nail drawer front to drawer box.

Apply stain and polyurethane.

84. COURTHOUSE SQUARE PATCHWORK PILLOW, page 78

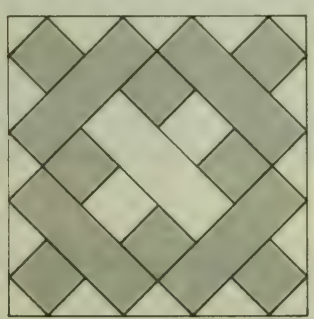
Finished size is 15 in. sq.
Materials: Fabrics: ½ yd. 45-in.-wide printed blue, ¼ yd. 45-in.-wide dotted white, 1/6 yd. 45-in.-wide white; 15-in. sq. pillow form; thread.
Instructions: From blue fabric cut four 7¼x3-in. rectangles, eight 3-in. squares, and one 16-in. square for back.

From dotted white fabric cut one 7¼x3-in. rectangle, eight 3-in. squares, and two 1½-in. squares. Cut six 3-in. squares in half to make 12 triangles. Cut 1½-in. squares in half to make 4 triangles. From white fabric cut two each 16x3-in. and 12½x3-in. rectangles for borders.

Note: Use ½-in. seams throughout.

With right sides facing, machine- or hand-stitch pillow in following order: On each long side of white 7¼x3-in. rectangle, sew 1 blue, 1 white, and 1 blue square. To these squares, sew 1 blue rectangle to each side. To each white rectangle end, sew 1 blue rectangle. To each rectangle, sew 1 white triangle, 1 blue square, and 1 white triangle. Add white triangles between rectangles. At each blue square top, add 1 small dotted white triangle to make unit square. See drawing *(below).*

Sew white 12½x3-in. rectangles to



top and bottom of square. Sew remaining white rectangles to sides.

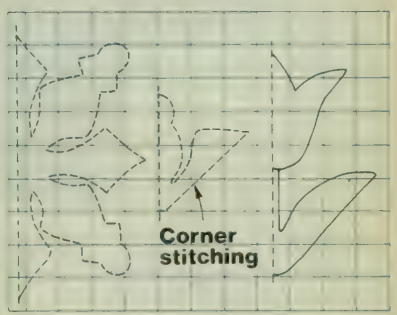
With right sides facing, sew pillow top to 16-in. square blue back, leaving one side open. Press. Turn. Insert pillow form. Turn under seam allowance and hand-stitch remaining side closed.

85. TULIP QUILT, page 78

Finished size is 81x96 in.
Materials: 10¾ yds. 45-in.-wide white cotton fabric; 2½ yds. 36-in.-wide orange cotton fabric; brightly colored cotton fabric scraps (tulips); green solid and print cotton fabric scraps (leaves); 10 yds. white bias tape; thread.
Instructions: From white fabric cut twelve 11x11½-in. pieces for spacers; twenty-seven 11¼-in. squares; four triangles with 10-in. bases and 8-in. sides for corners; two 81x6¼-in. end borders; two 96x6¼-in. side borders. Cut seven 11¼-in. squares in half to make inside-border triangles.

From orange fabric cut two 70x6-in. end borders and two 85x6-in. side borders.

Enlarge pattern for tulip *(below).* From scraps cut 20 tulips and leaves. Appliqué tulips and leaves to centers of remaining 11¼-in. squares, positioning



1 Square = 1 Inch

tulips to make diamonds from squares.

Note: Use ½-in. seam allowances.

Build quilt center by sewing blocks, with right sides facing, in strips starting at lower left-hand corner and turning white spacers to make diamonds. First strip: 1 triangle, 1 tulip, 1 triangle. Second strip: 1 triangle, 1 tulip, 1 white diamond, 1 tulip, 1 triangle. Increase each strip, alternating tulips and white diamonds until center strip has 4 tulips. Repeat center strip and then decrease corresponding to first half. With right sides facing, sew strips together diagonally to make square. Add small triangles at corners to make unit square.

With right sides facing, sew orange borders to center, mitering corners. With right sides facing, sew white borders to orange borders, mitering.

Place quilt top, with wrong sides facing, on back pieced to size of top. Baste.

For appliqué blocks, quilt around tulips, around inside of block, and with 3 diagonal lines in each corner.

Enlarge pattern *(above)* and quilt design on white blocks. Cut pattern in half and quilt border triangles. Enlarge corner triangle pattern *(above)* and quilt in 4 corners.

Quilt borders with diagonal pipe lines across orange and white borders.

Remove basting. To finish quilt, sew white bias tape to all four edges.

continued

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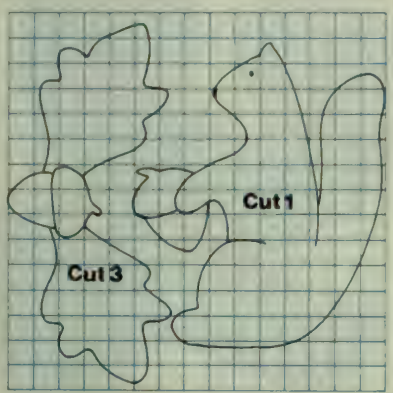
86. APPLIQUÉD HEADBOARD, page 78

Materials: Approximately 4 yds. quilted fabric for a twin bed; ½ yd. each cotton fabric: beige, rust-red, forest green, gold, dark brown; thread; brown embroidery floss.

Instructions: From quilted fabric cut 2 pieces to fit size of your headboard adding ½-in. seam allowance for top edge and ½ in. for hems at sides and bottom, and one 2½-in.-wide strip to fit between front and back at top edge. On front and back pieces turn under ¼ in. on sides and bottom. Press. Turn under ¼ in. again. Stitch.

Enlarge pattern *(below)*. Cut fabric pieces: dark brown, 4 acorn tops; beige, 4 acorns; forest green, 4 leaves; gold, 2 leaves; rust, 1 squirrel.

Machine-appliqué all pieces to quilted front. Embroider eyes and nose on squirrel using straight stitch. With right sides facing, sew front to 2½-in. strip using ½-in. seam allowances. With right sides facing, sew back to strip. Press.



1 Square = 1 Inch

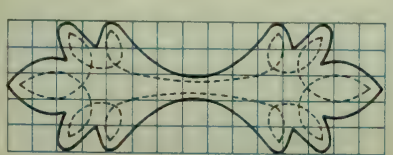
87. OAK LEAF QUILT, page 79

Finished size is 66x94 in.

Materials: 10 yds. 45-in.-wide white cotton fabric; 3 yds. 45-in.-wide yellow /gold cotton fabric; 3 pkgs. bias tape; thread.

Instructions: From white fabric cut two 33x94-in. strips; twenty-four 12-in. square blocks; five 5½x94-in. strips; twenty-eight 5x12-in. strips.

Enlarge pattern *(below)*. From yellow fabric cut 48 oak leaves (2 per square) adding ¼-in. seam allowances on all edges. Center 2 crossed oak leaves on a 12-in. square. Turn under seam allowances. Press. Baste. Hand-stitch leaves to block. Remove basting. Repeat for remaining 23 blocks.



1 Square = 1 Inch

Note: Use ½-in. seams for all the remaining stitching.

Sew blocks in strips with 5x12-in. strip between blocks and at each end to make 4 strips of 6 blocks. Sew strips together with 5½x94-in. strip between each oak leaf block strip and one 5½-in. strip on each side.

Sew two 33x94-in. strips together for back. Press seam open. With wrong sides facing, baste front to back. Quilt through both fabric layers around oak leaves and in loop design on leaves (see drawing *left bottom*), and in diamond pattern on borders and dividing strips. Remove basting. Cover edges with bias tape. Press.

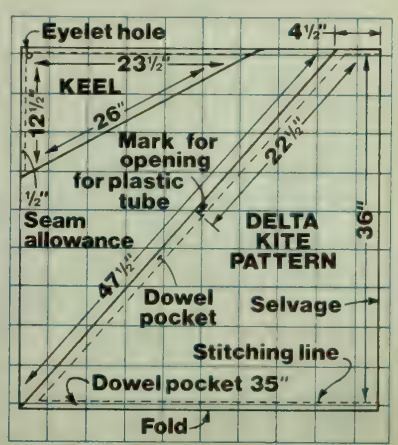
90. FABRIC KITE, page 80

Materials: 2 yds. 45-in.-wide gold broadcloth fabric; 1 eyelet; four 36x¼-in. wooden dowels; 3 in. of ¼-in. I.D. (inside diameter) flexible tubing; fabric scraps for appliqué; thread; heavy-weight fishing line swivel; lightweight plastic cleaner bags (obtainable from your local dry cleaner).

Instructions: Fold broadcloth fabric in half crosswise. Cut kite and keel as shown in drawing *(below)*.

For keel, with right sides together sew keel triangles together on 23½- and 12½-in. sides, using ½-in. seam allowances and inserting a small fabric scrap in corner to reinforce eyelet tow point. Trim seam. Turn. Press. Insert eyelet in corner.

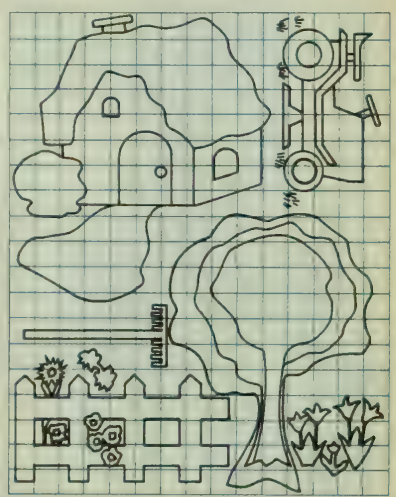
For kite wings, on 47½- and 4½-in. triangle edges, turn under ¼ in. Press. On long edges turn under ¾ in. Press. Stitch, leaving 1 in. opening at points marked for pockets and ¾ in. opening near bottom for dowel insertion. On 4½-in. sides turn under ¼ in. again. Press. Stitch.



1 Square = 4 Inches

Fold right sides together and press at triangle center. Insert keel on right side of kite with edge touching fold. On wrong side, stitch across end. Turn. Stitch ¾ in. from fold, leaving ¾ in. opening ¾ in. from kite bottom. Fold in and taper triangle point.

Appliqué design: Enlarge and cut pattern *(below)* from fabric scraps. Cut plastic cleaner bags to same general size as pattern pieces. Layer cleaner bag between fabric design and kite. Fuse, using *hot* iron with brown paper between iron and design. Hold iron on design at least 10 seconds. Remove brown paper. Machine-appliqué all pieces. *Note:* Both wings must have the same weight added to maintain balance. If kite does not balance, add more flowers or other details.



1 Square = 1 Inch

Cut 1 dowel to measurement for pocket down kite middle. Insert in opening near bottom. Stitch closed.

Insert one 36-in. dowel in side pocket bottom opening. Push dowel top through opening at pocket middle. Cut plastic tubing in half. Fold each half in half and cut one corner of fold. Slip tubing onto dowel. Reinsert dowel in pocket and push to pocket top, pushing tubing down so it protrudes from opening at middle. Repeat for other side. Dowel ends may be wrapped with cotton before inserting to prevent them from working through fabric.

Insert remaining dowel into tubing on one side. Mark length to fit into other tubing piece. Cut dowel. Insert into tubing as cross strut.

Use swivel attached at eyelet and 30- to 50-lb. test flying line to fly kite.

91. CASSEROLE CARRIER, page 80

Finished size is for 2-qt. or larger casserole.

continued

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100 Ideas

Materials: ½ yd. 42-in.-wide quilted fabric; 1 pkg. bias tape; 2 buttons; 16-in. zipper; thread.
Instructions: From quilted fabric cut two 16½-in.-diameter circles and two 3x11½-in. strips, rounding corners on one end of each strip.

Cut one circle in half. Sew bias tape over both straight edges. Pin zipper to straight edges of circle halves with right side of zipper facing wrong side of circles and with bias tape at edge of teeth. Sew zipper in place.

With wrong sides facing, pin zippered circle to remaining circle. Baste.

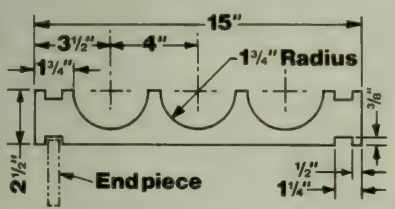
Sew bias tape over 3-in. strip edges leaving short square end unfinished. Pin unfinished strip edges at opposite sides of circles over zipper, overlapping in center. Baste at edges. Finish outside circle edges with bias tape, catching handle strips.

Sew buttons and buttonholes on overlapping strip portions to form handle. Press.

92. OAK WINE RACK, page 80

Materials: 10 ft. 1x4-in. oak lumber; stain; varnish.
Instructions: From oak cut six 2½x15-in. pieces. On each board dado slot ¾ in. wide and ⅜ in. deep ½ in. from both ends. For a 9-bottle rack, notch bottom of top board, top of bottom board, and both sides of middle board.

Following drawing *(below)*, cut three 1¾-in.-radius semicircles in each.



From oak cut four ¾x3½x6-in. uprights. Dado slots ½ in. from each end on both sides, same width and size as for long boards. Sand. Stain. Varnish.

When dry, position uprights between 3 front and 3 back boards.

93. PICNIC TABLECLOTH, page 80

Finished size is 49½x31½ in. plus ruffle.
Materials: 1½ yds. 45-in.-wide denim; 2 yds. 45-in-wide print fabric; 5⅓ yds. gathered eyelet trim; 1 yd. ⅜-in.-wide elastic; thread.
Instructions: Use ½-in. seams throughout. From denim fabric cut 50½x32½-in. rectangle. With right sides together, baste eyelet trim ¾ in. from edge around all denim edges.

From 2-yd. length of print fabric cut five 9-in.-wide strips. With right sides facing, sew strips together to make large circle for ruffle. Narrow-hem one edge. Sew 2 gathering rows along remaining edge. Gather. Position ruffle facedown on eyelet, gathering to fit. Stitch, catching only top edge with eyelet. Remove gathering stitches.

From denim cut four 6x5½-in. pockets. Turn all edges under ½ in. Press. Topstitch two rows across one narrow edge of each. Position pockets on tablecloth. Stitch pockets in place using two topstitching rows on sides and bottom.

On denim back, make casing at each corner by sewing seam allowance to cloth close to raw edge and 8 in. long. Cut 4 elastic pieces 11 in. long. Insert elastic in casings at corners. Gather fabric and stitch elastic ends securely.

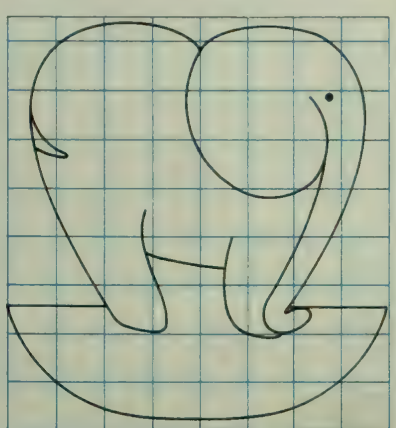
Press seam allowances to denim back. Starting at casing ends, topstitch ½ in. from eyelet on all sides.

94. DOLL CRADLE, page 80

Materials: ½ sheet ½-in. plywood; 1½ yds. pink-and-white checked fabric; fiberfill; 3 yds. 1½-in.-wide white eyelet; 6 yds. black cord; 2 black pompons; glue; white paint; thread; nails.
Instructions: *Cradle:* Enlarge pattern *(below)*. From plywood cut 2 patterns and three 7x19¾-in. pieces for sides and cradle bottom. Taper long sides of bottom so sides will fit snugly and form slight V for cradle. Glue and nail sides to bottom. Glue and nail to end pieces. Sand and paint.

From checked fabric cut 2 elephant patterns. Glue to cradle ends. Let dry. Run glue bead around elephant outline and press black cord into place on each end. Glue pompons in place for eyes.

Mattress, cover, and pillow: From checked fabric cut rectangles: 9x39 in. for mattress; two 8x39 in., cover; two 11x14-in., pillow.



Mattress: With right sides facing, fold rectangle in half to form 9x19½-in. rectangle. Stitch with ½-in seams, leaving opening for turning. Trim corners. Turn. Press. Stuff with fiberfill. Slip-stitch opening closed.

Cover: With right sides facing, insert eyelet between fabric layers. Stitch with ½-in. seams, leaving opening for turning. Trim corners. Turn. Press. Slip-stitch opening closed.

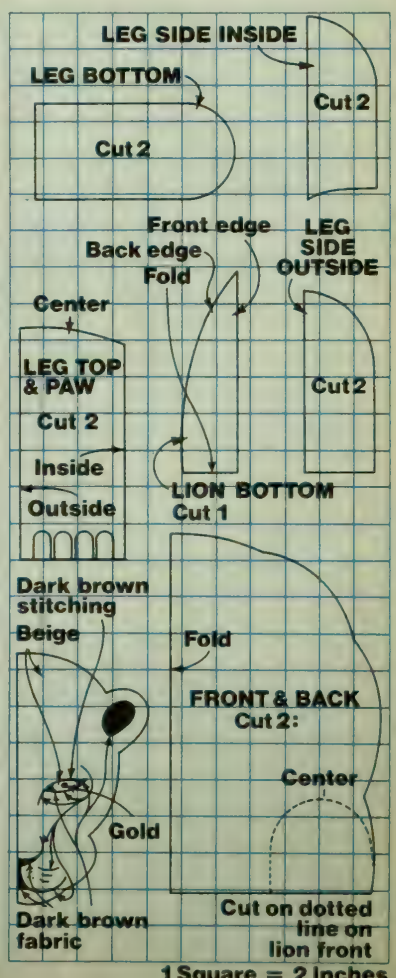
Pillow: On both fabric pieces turn under ½-in. seam allowances. Press. With wrong sides facing, insert eyelet between fabric. Stitch, leaving opening for stuffing. Press. Stuff. Slip-stitch opening closed.

95. LION BACKREST, page 81

Materials: 2½ yds. fake fur fabric; 1 yd. 45-in.-wide poplin fabric (face); 4 bags fiberfill; thread; fabric scraps: dark brown, beige, and gold.
Instructions: Enlarge pattern *(below)*, adding ½-in. seam allowances. From fake fur cut front, back, and leg pieces. From poplin cut lion face. From scraps cut face features and toenails.

Appliqué features to face and toenails to leg tops. Appliqué face to front.

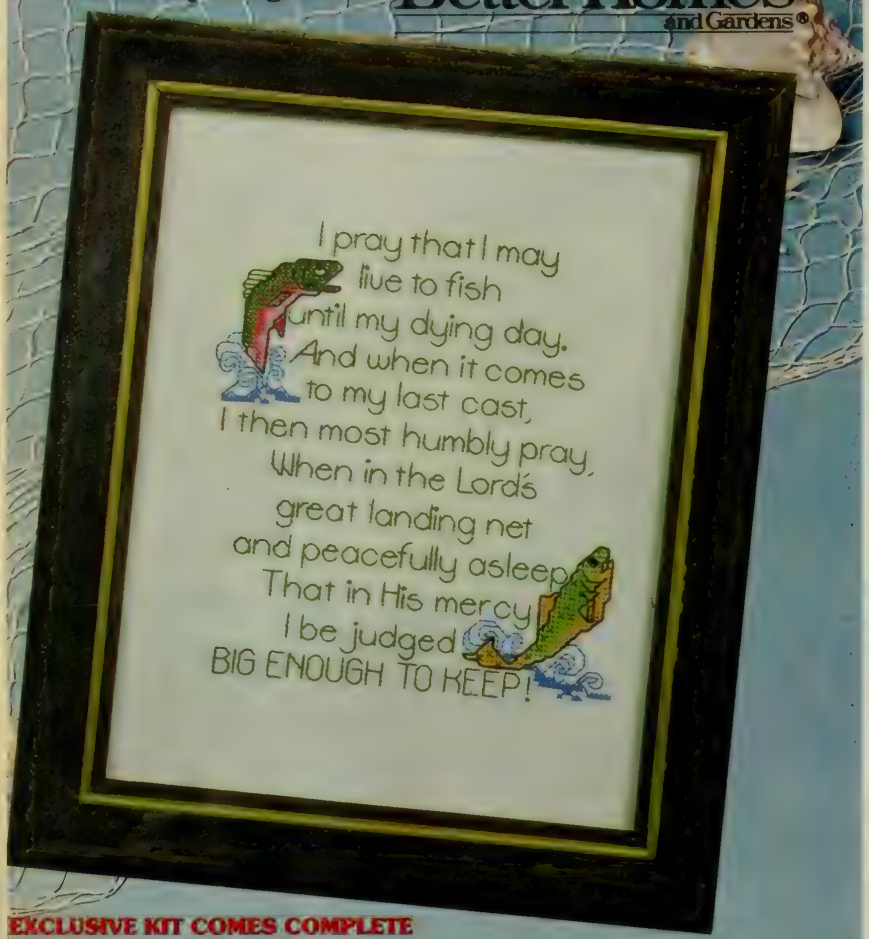
With right sides facing, stitch side legs to leg top. Sew leg bottom to sides.



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100 Ideas

Repeat for second leg.

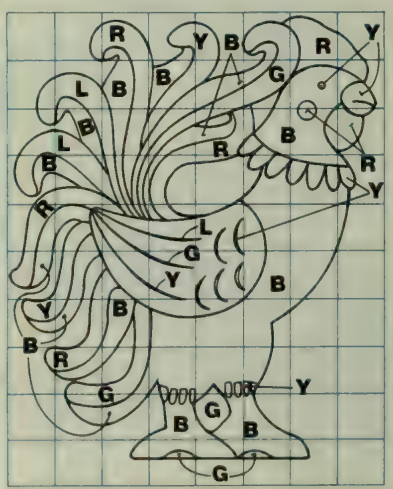
With right sides facing, sew legs to lion front matching centers. Turn right side out.

With right sides facing, stitch front to back. Trim seam, clip curves. With right sides facing, sew bottom to head, leaving 6-in. opening. Turn. Stuff head and legs. Slip-stitch opening closed.

96. ROOSTER BOOKENDS, page 81

Materials: 12x12x½-in. particleboard; 2½x5-in. lightweight metal (brace); screws; model paint in red, yellow, green, light blue; ½ pt. flat black paint.

Instructions: Enlarge pattern *(below)* and cut from particleboard. Sand. Paint body flat black. Following pattern paint body and feathers with model paints.



Bend metal for brace at about 1 in. Drill holes in brace for screws. Screw brace to back of rooster's feet with longer part of brace level with rooster bottom. Repeat for second bookend.

97. WHALE CUTTING BOARD, page 81

Materials: 26x15x¾-in. maple; ¾-in. length ¾-in. dowel; resin glue; 4-in.-diameter stainless steel bowl; cooking or mineral oil.

Instructions: *Note:* Pattern is for standard 19-in. double sink. Add extra length as needed at center line.

Enlarge pattern on *page 147* and cut from maple. Cut circle at whale's tail to fit your bowl. Chisel or route recess around tail to hold bowl rim.

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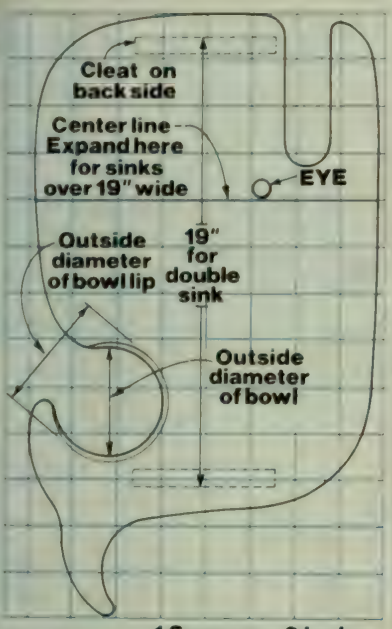
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100 Ideas



Drill hole for eye. Glue in dowel.

From maple scraps cut cleats. Glue to whale back. Sand. Finish by rubbing with oil. Reoil every six months.

CREDITS FOR 100 IDEAS UNDER $100

Our thanks to the following photographers and designers who helped with this issue

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98. YELLOW UMBRELLA, page 81

Materials: 10 ft. 4x4-in. redwood lumber; two 7-ft.x1⅜-in. dowels; 42 ft. ¼-in. rope or cord; 5 yds. 45-in.-wide ripstop nylon; thread; cardboard for template.

Instructions: Cut redwood to desired height plus allowance for anchoring.

Drill holes through redwood at right angles 25 in. and 26½ in. from top. Drill through dowel ends at right angles to thread cord. Insert dowels in redwood post.

Cut groove on redwood post top in line with dowel ends to hold cords in place. Round and sand all edges. Finish as desired.

Umbrella cover: Measure distance between dowels for triangle base and from hole in dowel to center top of post. Cut half of triangle from cardboard for template, adding ½-in. seam allowances at center and sides and 1½ in. at bottom for rope casing. Cut 8 half triangles from ripstop nylon, flopping template for half. Zigzag-stitch all raw edges. With right sides facing, sew 2 half triangles together to form 1 large triangle. If desired, zigzag-topstitch over seam to reinforce seam.

Trim a 1½-in. triangle from each full triangle corner. Turn under ¼ in. Stitch. On bottom edge turn under ¼ in. Press. Stitch. Turn under ¾ in. more. Stitch to form casing for rope. Repeat for remaining 3 triangles. With right sides facing, sew triangles together to form square.

Thread rope through dowel holes and across frame top and to opposite dowel holes. Knot rope at ends under dowels. Cut off excess rope. Thread another rope through one cover casing. Drape cover over frame. Thread rope

continued

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

100 IDEAS UNDER $100

Page 29 *(No. 1):* China, rug, quilt—Stan Parks Antiques, U.S. Hwy. 65 N., Hampton, IA 50441.

Page 30 *(No. 5):* Fire screen—Stan Parks Antiques (address above).

Page 31 *(No. 8):* Waferwood™—Louisiana-Pacific Corp., 111 SW. Fifth Ave., Portland, OR 97204.

Page 32 *(No. 9):* Rug wool, burlap, hooking supplies—The Door Mill Store, Guild, NH 03754. *(No. 10):* Waferwood™—Louisiana-Pacific Corp. (address above).

Page 33 *(No. 15):* Wooden toy wheels—The Woodworker's Store, 21801 Industrial Blvd., Rogers, MN 55374. *(No. 18):* Waferwood™—Louisiana-Pacific Corp. (address above).

Page 34 *(No. 22):* White House china plate—Stan Parks Antiques (address above). *(No. 23):* Wood inlays, drawer pull—The Woodworker's Store (address above). Flowers—Silk Flowers by Deborah, 619 Grand Ave., Des Moines, IA 50309.

Page 35 *(No. 24):* Hand mirror, dresser jar, clock—Stan Parks Antiques (address above). *(No. 27):* Clock mechanism, numbers, hands—Whittier Time Shop, 16533 E. Whittier Blvd., Whittier, CA 90603. *(No. 28):* Knives—Chicago Cutlery, Consumer Products, Inc., 5420 North County Rd. 18, Minneapolis, MN 55428. Pan—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. Apron—Now Designs, 540 Hampshire, San Francisco, CA 94110.

Page 36 *(No. 30):* Limited edition dolls—Kelly Johnson Dolls, 9364 Whispering Leaves Ln., Santee, CA 92071. Chair, needlepoint frame—Ms. Peggie's Place, 4978 Cass St., San Diego, CA 92109. *(No. 32):* Antique tea set— Stan Parks Antiques (address above).

Page 37 *(No. 34):* Sheets "America's Garden"—J.C. Penney, 1301 Avenue of the Americas, New York, NY 10019. Clock—Stan Parks Antiques (address above). *(No. 37):* Waferwood™—Louisiana-Pacific Corp. (address above). Windows, cupolas, miniature hinges—Victorian Times Miniatures Co., 1405 NE. 130th St., Vancouver, WA 98665.

Page 72 *(No. 52):* Rope twist molding—The Woodworker's Store (address above). Flowers—Silk Flowers by Deborah (address above).

Page 73 *(No. 57):* Scissors, letter opener—Stan Parks Antiques (address above).

Page 75: *(No. 69):* Rattan or cane seating—Cane & Basket Supply Co., 1283 S. Cochran Ave., Los Angeles, CA 90019. Dishes "Domino"—Arzberg, Div.of Hutschenreuther Corp., 100 Shaw Rd. N., Branford, CT 06471. *(No. 71):* Clown—Russ-Berrie, Inc., 111 Bauer Dr., Oakland, NJ 07436.

Page 76 *(No. 72, 82):* Waferwood™—Louisiana-Pacific Corp. (address above).

Page 79 *(No. 89):* Drawer pulls—The Woodworker's Store (address above). Lap desk, bench, hall runner—Stan Parks Antiques (address above).

Page 80 *(No. 91):* Bowls—Tupperware World Headquarters, P.O. Box 2353, Orlando, FL 32802. Plates, cups—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. *(No. 93):* Silverware—Williams-Sonoma (address above). Plates, cups—Ingrid (address above). Napkins—Now Designs (address above).

Page 81 *(No. 96):* Colander—Tupperware (address above). *(No. 99):* Plates, cups—Ingrid (address above). Pitcher—Catamount Glass, Inc., P.O Box J23, North Bennington, VT 05257. Yellow platter—Rubbermaid, Inc., Rt. 5, Wooster, OH 44691. White platter—Heller Designs, Inc., 41 Madison Ave., New York, NY 10010. Glass bowl—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010. Barbecue spatula—B.I.A. Cordon Bleu Inc., 375 Quarry Rd., Belmont, CA 94002.

TOP-NOTCH KITCHENS

Pages 84-85 (center): All appliances—Whirlpool Corp., Benton Harbor, MI 49022. Cabinets—SieMatic Corp., Pacific Design Center, Suite 446, 8687 Melrose Ave., Los Angeles, CA 90069. Flooring "Lon Coin"—Lonseal, Inc., 22123 S. Vermont, Torrance, CA 90502. Skylight—O'Keefe's Inc., 75 Williams Ave., San Francisco, CA 94124. Glass block—Pittsburgh Corning Glass, 800 Presque Isle Dr., Pittsburgh, PA 15239. Countertops, island and desk surfaces "Corian"—E.I. Dupont DeNemours & Co., Wilmington, DE 19898. Sink "Lakefield"—Kohler Co., Kohler, WI 53044. Faucet "Varia"—Drucks International Plumbing AG, 8090 Hein Rd., Ben Lomand, CA 95005. Lighting fixtures—Lightolier, 346 Claremont Ave., Jersey City, NJ 07305. Stools—House Store, 620 W. Shubert St., Chicago, IL 60614. Spice rack, utensils, jug—Wilton/Copco Enterprises, 2240 W. 75th St., Woodridge, IL 60517. Place mats, towels—Leacock & Co., 1040 Ave. of the Americas, New York, NY 10018. Flowerpots—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Enamel stacking bowls—General Housewares, 115 Enterprise Rd., Hyannis, MA 02601. Wicker tray—American Bravo, 6331 Fain St., North Charleston, NC 29405. (Top right): Computer—Hewlet-Packard, Box 91360, Chicago, IL 60693. Desk caddy—Wilton/Copco Enterprises (address above).

Pages 86-87 (center): All appliances—Whirlpool Corp. (address above). Cabinets "Villa"—Crystal Cabinet Works, Inc., 1100 Crystal Dr., Princeton, MN 55317. Ceramic tile "Primitive Encore"—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446. Sink "Epicurean"—Kohler Co. (address above). Faucets—Chicago Faucet Co., 2100 S. Nuclear Dr., Des Plaines, IL 60018. Track lighting—Halo Lighting, Div. of McGraw-Edison, 400 Busse Rd., Elk Grove Village, IL 60007. Table inset "Corian"—E.I. Dupont De Nemours & Co. (address above). Dinnerware on shelves "Wheat"—Fresh Fields, 225 Fifth Ave., New York, NY 10010. Wallpaper "Kitchen Check Currant"—Imperial Wall Coverings, 23645 Mercantile St., Cleveland, OH 44122. Watermelon place mats, napkins—Leacock & Co. (address above). Towels, apron—Kitchen Gear, Inc., 19 W. 34th St., New York, NY 10001. Watermelon mugs, plates on table—General Housewares (address above). Black pot, cheese keeper, brass tea service—Charles F. Lamalie, 1123 Broadway, New York, NY 10010. Nesting canisters, spice rack—Ingrid (address above). Natural-colored baskets—American Bravo (address above). All other baskets, reed decoys, vine wreath—Palecek by Remington-Freeman Co., 225 Fifth Ave., New York, NY 10010. (Top left): Teapot, cups, saucers "Wheat"—Fresh Fields (address above). Fabric on benches—New Country Gear by Cohoma/Riverdale, 200 Madison Ave., New York, NY 10016.

GREAT SOUPS FROM HOMEMADE MIXES

Pages 88-89: Soup bowls—The Great American Stoneware Factory by Western Stoneware, P.O. Box 288, 521 W. Sixth Ave., Monmouth, IL 61462.

MAKE THE MOST OF YOUR MICROWAVE

Pages 90-91: Cake plate—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161. Grill/roast pan—Mirro Aluminum Co., P.O. Box 409, Manitowoc, WI 54220. Glass bowl—Riekes Crisa Corp., 1818 Leavenworth, General Offices, Omaha, NE 68102. Measuring cup—Catamount Glass, Inc., P.O. Box J23, North Bennington, VT 05257.

Pages 92-93: Casserole dish—Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830. Small white cups—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17401.

PRIZE TESTED RECIPES

Page 117 (left): Bowl "Red Line"—Royal Copenhagen Porcelain Corp., 225 Fifth Ave., New York, NY 10010. Spoon—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. (Right): Plastic trivet—Two's Company, Inc., 33 Bertel Ave., Mt. Vernon, NY 10550.

Page 118 (left): Cup, saucer—Conrans, 145 Huguenot St., New Rochelle, NY 10801. (Left center): Oval plate, small dish "Country Gear"—Hartstone Inc., 3 Commerce St., Chatham, NJ 07928. (Right center): Bowls with saucers "Blue"—Franciscan Ceramic Tile, 2901 Los Feliz Blvd., Los Angeles, CA 90039. (Right): Soup tureen, bowl "Simplicity Blue"—Noritake, 41 Madison Ave., New York, NY 10010.

continued

100 Ideas

through one dowel. Thread rope through remaining casings and dowels. Knot rope end. Cut off excess rope.

100. LOUNGE CHAIR COVER AND PILLOW, page 81

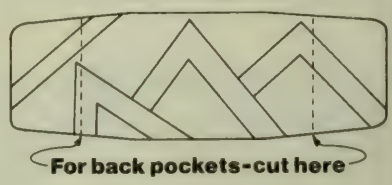
Finished size for lounge cover is 74x20 in.; pillow is 15x18 in.

Materials: 2¼ yds. 45-in.-wide blue denim; 1 yd. white, ¾ yd. yellow polyester/cotton duck fabric; thread; fiberfill; 1 yd. fusible webbing.

Instructions: Enlarge pattern *(below).* Fit to your lounge, making any necessary adjustments on pattern. From denim cut cover and 2 end pieces adding ½-in. seam allowances on all edges.

From white and yellow fabric cut appliqué, allowing overlap as needed. Position on cover using fusible webbing. Machine-appliqué with widest zigzag stitch. Press.





Zigzag-stitch uncurved edges of end pieces, turn under ½ in. Stitch.

With right sides facing, pin ends to cover. Stitch. Clip curves and turn. Press. Hem sides with thread to match each section. Press.

Pillow: From denim cut two 19x16-in. rectangles. Cut appliqué as for lounge cover. Machine-appliqué to one rectangle. With right sides together, stitch, leaving opening for turning. Trim corners. Turn. Press. Stuff with fiberfill. Slip-stitch opening closed.

Better Homes and Gardens

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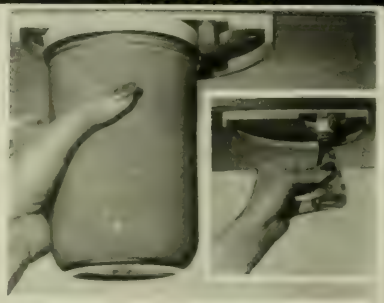
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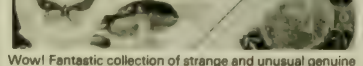
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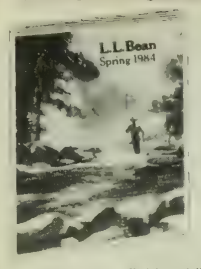
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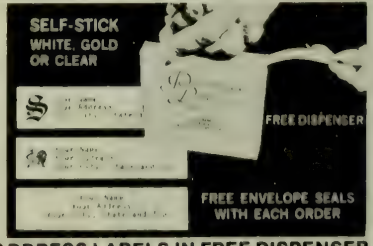
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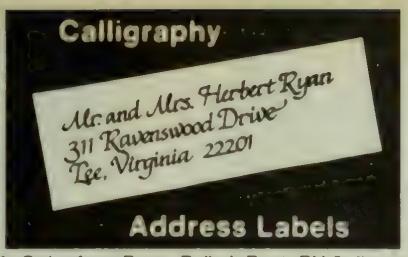


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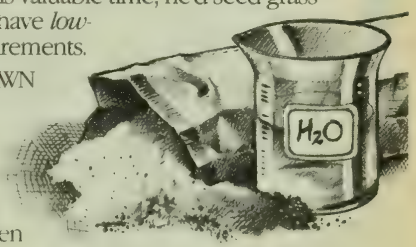


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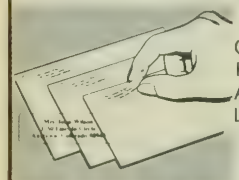
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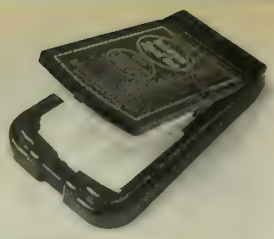
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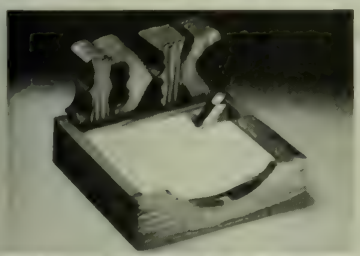
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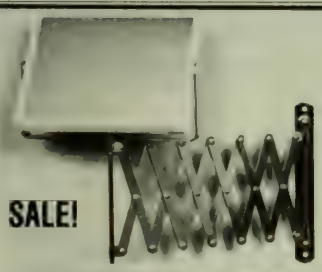
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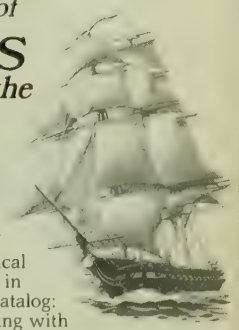


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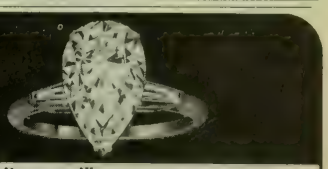
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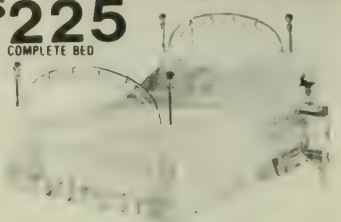
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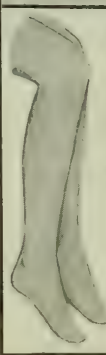
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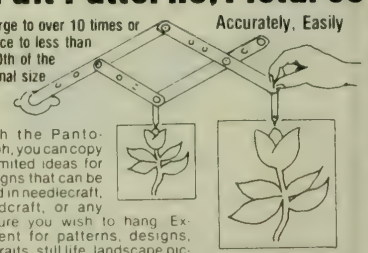
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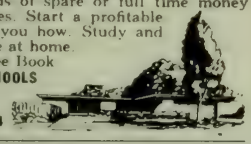
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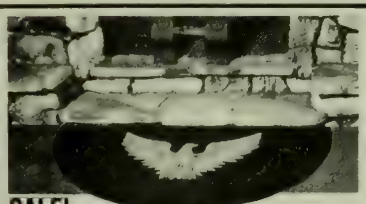
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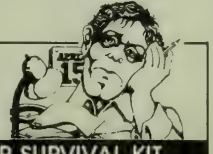
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In view of the dreadful winter weather we've had lately, Aunt Alice says the nicest thing about February is that it's the shortest month of the year.

"Why is it," Lee Bayless wants to know, "that a man in a hurry invariably fumbles for his keys in all the wrong pockets before he hits the right one?"

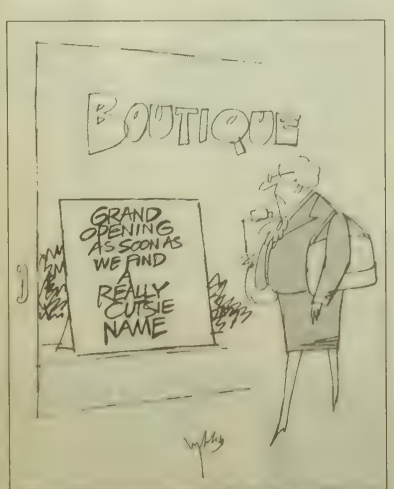
Dot Dresch says she knows history gets repeated eventually, but after viewing our all-news cable TV station she wonders if it's really necessary every half hour.

Here's a definite sign of the times, noted in the window of Bud Bigley's auto body repair shop: "Free estimates now cost $5."

The hardest decision that most couples have to make, according to Rev. George Hall, is who is going to make which decisions.

Debt, observes my wise friend Henry Bell, usually piles up silently like a snowfall, breaks loose like an avalanche, and departs like a glacier.

"A dime may not buy what it used to," says Lee Bayless, "but it still comes in mighty handy when you can't find a screwdriver."





"Wouldn't it be nice," observes Elizabeth Parkins, "if more people would take their noses out of other people's business and put their hearts into other people's problems."

"He who indulges, soon bulges" is the latest dieting slogan that Chris has posted on our refrigerator door.

Betty Bigley, who just opened a small furniture refinishing shop in the village, says she's starting her business "from scratches."

My friend at the office claims he's all for our boss' new open-door policy, but only if it's accompanied by an open-mind policy as well.

Which snowfall is more welcome? That depends on your age. For most kids, it's the first snow of the season. For us grownups, it's usually the one that you expect will be the last.

"Life is what you make of it," says Aunt Alice, "subject of course to penalties for early withdrawals, certain airline restrictions, and void where prohibited by law."

Chris has noticed that some fast-food restaurants are modifying their menus for diet-conscious customers—resulting, of course, in more fasting and less fooding.

"Why don't you come along and help with the book sale at the library?" Chris asked me at the breakfast table on Saturday morning. Why not indeed, I thought. Half an hour later I was at the check-out table, adding up purchases and taking money alongside two other volunteers. The selection was impressive: over 4,000 books as well as magazines and records donated by patrons or culled from library shelves; the price for most was a mere 25 or 50 cents.

Ferreting through the stacks were young couples with their children, retirees, and teenagers—bibliophiles all. They arrived toting cardboard boxes, shopping bags, and knapsacks that soon bulged with old math and grammar texts, erstwhile best sellers, atlases, and all sorts of obscure specialty books. Their enthusiasm reminded me of how cherished a companion a good book can be, whether its pages are still stiff and new or burnished and dog-eared.

It was a delight to see collectors stumble upon treasures they'd sought for years. But most folks weren't after rare editions—they simply wanted a few "good reads" to add to their home libraries. I've already told Chris I'm volunteering to help out again next year . . . after I finish reading the box of botany books and detective stories I had to snap up for myself.

Burton Hillis

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Q **My beautiful mahogany dining table gets sun from my picture window every afternoon. Is this harmful?**

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A I don't recommend using spray wax too often because wax can build-up. Just use it occasionally for a waxed shine. For regular day-to-day cleaning and dusting, I recommend Endust. Endust cleans dirt and dust better without a smeary wax build-up because there's no wax in it. Endust leaves just a clean natural shine.



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Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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Mustard Variation: Add 2 Tbsp prepared mustard and 2 tsp prepared horseradish, drained, to Best Foods. Proceed as above.



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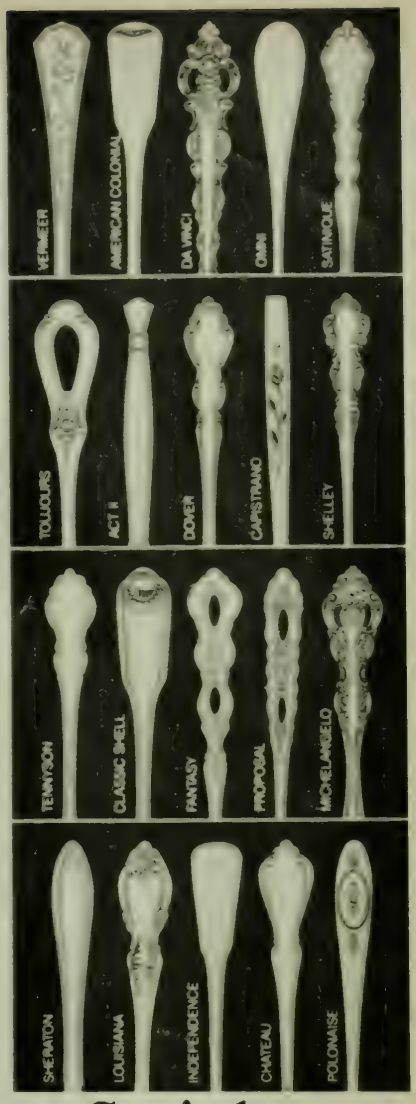
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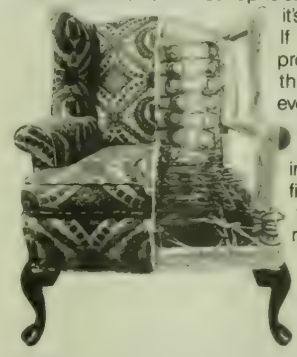
IDEAS IN DECORATING



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Many consumers believe reupholstery is a superficial affair. And that all it involves is putting new fabric on an old sofa or chair. To the contrary. Reupholstery is an inside-out, bottom to top job and it can transform an old piece into a real beauty.

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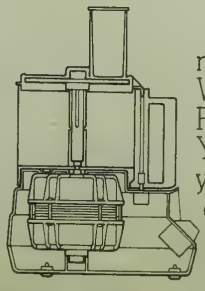
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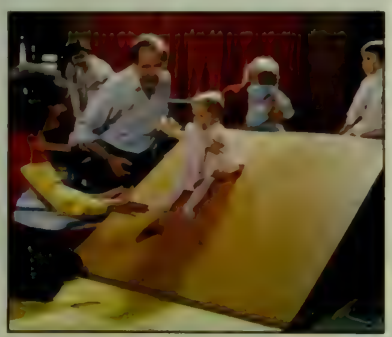
Regular: 9 mg "tar," 0.7 mg nicotine—Menthol: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'83.


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What's Happening

EXERCISE: YOU CAN'T START TOO YOUNG!

Believe it or not, exercise for tiny tots is the newest development in the world of fitness. Programs now available cater to infants and toddlers and range from gymnastic-type exercises to fitness games and activities.



Older preschoolers usually are taught by a teacher, but a parent actively participates in most programs for infants up to 3 years. You attend class with your offspring and help guide them through the activities. Some programs include at-home plans for between lessons.

Most gyms charge $12 to $30 per month for the infant to 3-year-old and $18 to $30 for the preschooler.

Check your telephone directory for programs in your area. Or, contact these organizations: Gymboree, Dept. BH, 872 Hinckley Road, Burlingame, CA 94010, 415/692-8080. Sportastiks, Dept. BH, 510 S. Staley Rd., Champaign, IL 61821, 217/352-4269.

WHO'S WHO IN RV RENTALS

The Recreation Vehicle Dealers Association of North America has published a directory of dealers who rent RVs to vacationers. The 56-page brochure lists over 100 rental dealers in the U.S. and Canada, along with special services they provide, like one-way rentals and airport pickup. For a copy of *Who's Who In RV Rentals*, send $3.50 to RVRA-BH, Suite 500, 3251 Old Lee Highway, Fairfax, VA 22030.



COMMUNITY GARDENING CONTEST

The American Community Gardening Association (ACGA) and Glad Wrap and Bags are sponsoring a National Community Gardening Contest.

More than $20,000 in prizes will be divided among a national winner, first-place runner-up, and winners from eight regions. You can enter any time this spring and summer. Final judging and awards will take place in October.

Glad also is offering a redemption system whereby participating community gardening groups can redeem proof-of-purchase coupons on Glad products for cash to help buy supplies.

For details, write: ACGA—Glad Contest, 230 Park Ave., Suite 1236-BH, New York, NY 10164-0156.



MUCH ADO ABOUT MUSTARD

Look twice the next time you shop for mustard. Supermarkets, gourmet shops, and department stores now stock a profusion of prepared mustards, all distinctive in flavor. Among newcomers are mustards seasoned with shallots, champagne, peppercorns, green pepper, honey, and herbs. There even are salt-free mustards for those watching their sodium intake.

SPEAKING OF PETS . . .

If your club or organization is interested in learning more about animal health subjects, contact the Morris Animal Foundation for a listing of volunteer speakers in your area. Write for a copy of *Speaker's Bureau* from the Morris Animal Foundation, 45 Inverness Dr. E., Englewood, CO 80112.

LOOKING FOR LEAKS

Energy consultants now have a new tool to help them assess your house's energy efficiency—or lack of it. The house-pressurizer door is a handy device that pinpoints where household air is leaking readily into the atmosphere. (In most houses, air leaks account for 40 to 60 percent of the total heat loss.) The pressurizer door fits into any standard-size exterior door opening. Its central feature is a large reversible fan that raises or lowers in-

continued

door air pressure. While the fan is operating, the consultant walks through the house and detects air leaks with a smoke pencil, then takes readings on a calibrated pressure gauge mounted on the pressurizer door. When plugged into various standardized charts, the readings indicate the rate of air leakage and the number of Btus this loss of air represents in your home.

Pressurizer-door tests take approximately one hour, including setup time. For help in tracking down air leaks in your house, check your Yellow Pages under Energy Conservation Products and Services, or Energy Management and Conservation Consultants.

INSURANCE REASSURANCE

Confused about rising auto insurance premiums or deductibles on your homeowner's insurance? Or maybe you have questions about how independent insurance brokers operate.



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LAID-BACK LEATHER

Furniture makers are rediscovering leather. Thanks to modern processing methods, today's leather is delightfully soft and surprisingly colorful. The traditional basic black and rich brown tones have been augmented with dozens of new colors, from pastels to vibrant jewel tones.



Besides the fresh colors, you'll find leather furniture in dramatic new shapes and designs that are light-years ahead of the traditional leather club chair or chesterfield.

MICRO-COOKING BY BRAILLE

Two manufacturers now offer braille overlays for control panels of their microwave ovens.

Whirlpool provides a panel that fits over its touch panel models along with a Braille use and care guide.

Amana offers an overlay for its control panel that makes it easy to set the times and temperatures and to check timing progress. Included are seven audio cassette tapes "voice indexed" for quick reference. The cassettes contain use and care information, general cooking guidelines, and recipes.

Neither overlay impedes the use of the controls by sighted users and both can be removed easily for cleaning.

Buying information, page 65.

NEXT MONTH IN BH&G



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For easy-care landscaping you can't beat our collection of fast-growing, blooming garden greenery. You'll find vines that can climb up and over arbors, fences, and walls; and for shady spots, ground covers to produce a carpet of flowers.



PETITE TREASURES

Here's proof that good things come in small packages—an array of exquisite crafts projects that lets you try your hand at a variety of techniques from needlepoint and embroidery to beading and crocheting, yet requires minimum time and materials.

AND . . . Solutions for problem kitchens . . . Festive breads for spring . . . Pocket-size work spots . . . Brunch for a bunch . . . New showstopping furnishings . . . Emergency medical care . . . and more!



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Dan Kaercher

Are We Being Fair To Gifted Children?

Consider the story of Arlene Morales: In seventh grade, Arlene had to compute percentages and square roots along with the rest of her math class, even though she was studying algebra at nearby Johns Hopkins University in her hometown of Baltimore. After finishing calculus in ninth grade, she wanted to graduate early, but school officials refused. Arlene dropped out, entered Goucher College, graduated Phi Beta Kappa, and started medical school at age 19 (she's now in her second year). Arlene still has no high school diploma. "They didn't know what to do with me," she says.

A decade ago, Arlene and millions of other gifted youngsters in America's public schools rarely received any special attention. Now over one million gifted students are involved in wide-ranging programs.

But there's still a long way to go: The National Commission on Excellence in Education reported last year that more than half of all gifted students achieve below their tested potential. Studies indicate that many youngsters who could meet the various criteria used to determine giftedness never are identified. Many more receive only minimal help. State spending for the gifted grew tenfold in the past decade and still is increasing, but federal support is waning.



What are the key issues?

Education of the gifted is a complex subject, especially in these areas:

● ***Defining giftedness.*** Opinions differ about how to characterize giftedness. Some believe the gifted learn differently from their peers. Others say the gifted learn just as other children do, only faster. Some equate giftedness with potential. Others, like Joseph Renzulli, professor of educational psychology at the University of Connecticut, say gifts become meaningful—and identifiable—only when children apply them. (Renzulli prefers to speak of "gifted behavior" rather than "being gifted.") In many school districts, the determination of giftedness is based primarily on what services are available to the student.

How to define giftedness is a pivotal issue because it determines who will be admitted to programs and what educational approaches will be used. Many states include the top 5 percent of the student population, but in some states only 2 percent are included, in others, 10 percent.

● ***Charges of elitism.*** Critics claim programs for the gifted are unnecessary and unfair, diverting resources to an ill-defined, already advantaged elite. While the mentally and physically handicapped are entitled by federal law to a "free and appropriate" education, the gifted are not. Many people expect the exceptionally bright to fend for themselves educationally.

● ***Stigmatizing.*** Because classmates and even teachers sometimes resent and stigmatize "brains," the parents of brilliant youngsters may hesitate to single them out in school. Many children hide their abilities in an effort to fit in and appear "normal." Or youngsters may rebel against constant pressure to perform, to be tops in everything.

● ***Differing educational philosophies.*** Some educators and parents favor exposing the gifted child to a wide variety of enriching educational and social experiences; others advocate early acceleration and specialization. Many argue for a combination of acceleration and enrichment. Some want gifted youngsters placed in special classes and schools with gifted peers and specially trained teachers; yet others, reluctant

continued

Photograph: Hopkins Associates

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VANTAGE. THE TASTE OF SUCCESS.





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continued

Gifted children

to segregate gifted children, feel their needs should be met in the regular classroom.

How is giftedness defined?

The answer to that question varies from state to state and school district to school district. The definition used by the U.S. Department of Education includes creativity, leadership, and artistic talent, all of which can be difficult to measure, as well as superior academic ability, which is easier to quantify.

Individual school districts use a variety of criteria including tests of intelligence, achievement, and creativity, performance samples, and parent and teacher recommendations. Some of the most creative gifted children may be overlooked because their behavior does not conform to teachers' expectations for good students, often because the students are bored.

Placement based primarily on intelligence tests tends to favor what Professor Renzulli calls "schoolhouse (i.e., academic) giftedness" over creative giftedness. Further, intelligence tests emphasize general as opposed to specific academic talents, making it possible to overlook youngsters who are gifted in one area but are weak in others.

IQ cutoff scores often are viewed as arbitrary: Children with 125 IQs in a gifted program in one town have found themselves ineligible after moving to a district with a 130 minimum. Educators are trying to overcome the inequities of relying on intelligence testing with new aptitude, creativity, and intelligence tests that have labels like SOMPA, SOI-LA, GIFT, and K-ABC.

What are schools required to provide for gifted students?

That depends largely on where you live. Only 17 states require local school districts to make special provisions for the gifted, and many of the nation's 16,000 districts make none. Some programs are both elaborate and well-established; others are new and tentative. Often teachers lack special training.

Direct federal grants for research and innovation in education of the gifted, which amounted to less than $6 million annually, ended in 1982. Several states—Colorado, New Hampshire, and Wisconsin—have not appropriated any special funds for education of the gifted. Neither has Iowa, but that state gives local school districts the option of raising additional property tax revenues to fund state-approved programs. According to a recent survey by *Gifted Children Newsletter*, states that spend the most are Pennsylvania ($30 million), Florida ($28 million), California and Georgia ($17 million each), and North Carolina ($12 million).

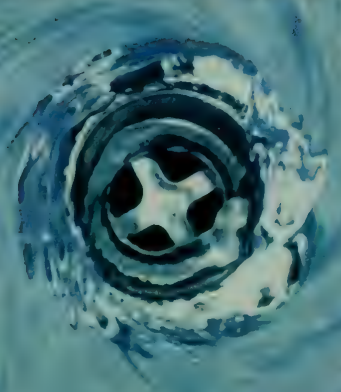
Where education of the gifted is booming, the reason is combined political, professional, and parental initiative. "Grass roots advocacy is the key to what's happening," says Joyce Juntune, executive director of the National Association for Gifted Children.

What educational settings and approaches are used?

Students may be placed in special classes or schools, mainstreamed in a

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Gifted children

regular classroom that offers opportunities for individual or small-group activity, or pulled out for part-time "extended learning."

Many large cities have magnet or alternative schools for the gifted and talented, like the Bronx High School of Science and Houston's School for the Performing and Visual Arts. North Carolina has the nation's first publicly supported residential school for gifted science and math students, as well as an older facility for fine arts students.

The two main instructional approaches are enrichment and acceleration. The "enrichment" approach can include options like problem-solving exercises, mini-courses, internships, and independent research. "Acceleration" can entail early school or college entrance, fast-paced classes, grade- and course-skipping, Advanced Placement courses for college credit, or simply working ahead at a child's own pace.

Many parents and teachers are leery of letting gifted youngsters advance through the grades rapidly. But one authority, Julian Stanley of Johns Hopkins, blames the "age-in-grade lockstep" for stunting eager minds. Acceleration also is viewed by some as a budgetary boon because the student may spend fewer years in school.

One approach to acceleration is the Geneva-based International Baccalaureate Program. More than 100 high schools in the United States and Canada have adopted this intensive junior and senior course of studies, dubbed "college in high school." An IB diploma can exempt your child from freshman year at Harvard and other top colleges and universities, as Advanced Placement exams can. (For information, write IB at 680 Fifth Ave., New York, NY 10019 or the Advanced Placement Program, Educational Testing Service, Princeton, NJ 08541.)

How can you determine what's best for your child?

That depends on his or her gifts, learning style, maturity, and motivation. Discuss the options with your child's teacher, guidance counselor, or principal—and especially with the child. The school psychologist, if your district employs one, probably can test your child. Or you can seek an outside evaluation from a child psychologist or at a child development clinic.

In a recent survey of 1,200 parents, teachers, and administrators, all three groups favored special resource centers (rooms equipped with enrichment learning materials and trained consultant-teachers) in the elementary school. For high school students, such special classes as Advanced Placement courses were preferred.

Some authorities point out that the setting is less important than the teachers and the nature of the lessons. Some programs are well thought out; others are superficial and fragmentary, or merely pile on extra (as opposed to more suitable) work. Look for a solid curriculum with continuity and teachers who stretch, but don't unduly push, inquisitive minds. Find out for yourself

continued on page 26



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continued from page 23

Gifted children

by visiting the school and talking with the staff and other parents.

Some parents, dissatisfied with public schools, turn to private schools, which use widely differing approaches. Home schooling is another option sanctioned by law in more than 30 states, although certainly not every parent of a gifted child is up to the challenge.

What are other programs for gifted youngsters?

Options for educational enhancement outside the school are exciting and wide-ranging. Many of the programs are associated with colleges and are tuition-supported; some involve one-on-one learning with an older volunteer mentor. Field trips, study groups, and academic competitions are popular, too.

About ten states sponsor Governor's Schools on college campuses for high school achievers. At 13 college campuses, the Gifted Students Institute, based in Arlington, Texas, offers summer day camp and resident workshops.

The Young People's Institute at the University of Connecticut is held with the annual two-week summer Confratute (conference/institute). While educators and parents discuss trends and techniques in gifted education, fifth through tenth graders produce plays, musical compositions, dances, artwork, writing, and computer programs.

Nearly 600 Chicago-area gifted students explore 25 subjects with a faculty of performers, practitioners, professors, and master teachers during summer and Sunday workshops sponsored by the National College of Education. Chicago's Museology program pulls eighth, eleventh, and twelfth graders out of class to study at any of six museums.

Columbia University's Hollingworth Preschool, Summer School, and Saturday enrichment courses are focused on thinking and problem-solving skills, leavened by such field trips as an architectural tour of Greenwich Village and ocean salinity studies off Long Island. The New York Academy of Sciences pairs 30 students each semester with laboratory researchers for projects in fields like genetics and medicine.

Phi Delta Kappa, an honorary graduate education society, underwrites free Saturday Young People's Universities. Mensa, an organization for "grown-up gifted children" with high IQs, arranges tours, discussions, workshops, and competitions for young Mensans-to-be.

Privately sponsored national competitions hone skills, too. Among them are Mathletes, for numbers whizzes, and the Arts Recognition and Talent Search, sponsored by the National Foundation for Advancement in the Arts in Miami. Last year 27 states and Canada sent teams to the Olympics of the Mind; teams that survive local, state, and regional eliminations vie to formulate imaginative solutions to practical problems. Participants in the Future Problem Solving Bowl seek to

continued

Gifted talent search

Professor Julian Stanley and his associate Dr. William Durden conduct talent searches for students with outstanding math or verbal reasoning ability. Their highly successful program has spawned similar projects nationwide. Thousands of junior high school (and even younger) children who score extremely high on mathematical or verbal Scholastic Aptitude Tests (SATs) normally given to high school seniors can qualify for awards, educational counseling, and rapidly paced summer, weekend, or evening academic courses. A few start college as young as age 11 or 12. The cost can be as little as $21 to register for testing. Talent Search staff members also work with local schools to help students accelerate their education. For information, write Dr. Durden, director, Center for the Advancement of Academically Talented Youth (CTY), Johns Hopkins University, Baltimore, MD 21218. You may be directed to one of the five other regional centers located at Duke University, Northwestern University, Arizona State University, the University of Washington in Seattle, and the University of Denver.

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Gifted children

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What can parents do?

If your school does not have any programs for the gifted, talk to the principal and/or school board about starting one. Investigate community resources. Scout out funds; foundations are likely sources. Ask colleges in your area to offer programs and train teachers.

You also can help enrich education for gifted children by organizing and leading Saturday or Sunday classes, mini-courses, or Junior Great Books discussion groups. Consider arranging field trips or a mentor program.

For more clout, join or start a parent group. Work together to share information with the public, school boards, and legislators, and to evaluate programs and push for improvement. Find out where political candidates stand on funding programs for the gifted. Parent associations in each state have formed a national alliance that you can join. For information, contact your state consultant for the gifted through your state's education agency or George Fichter, 356 Arps Hall, Ohio State University, Columbus, OH 43210.

For further information

- *Gifted Children's Newsletter*. Send $3 for a single copy or $24 for an annual subscription to Box 115, Sewell, NJ 08080. Subscribers also get membership in the Gifted Children Advocacy Association, which funds pilot projects.
- Two magazines by and for gifted children are *Chart Your Course*, Box 66707, Mobile, AL 36660 ($3.50 for a sample copy, $10 for a new subscription) and *Prism*, 900 E. Broward Blvd., Fort Lauderdale, FL 33301 ($19.95 for a subscription, or ask your child's teacher or librarian to order a school copy).
- Pamphlets and information about membership and a newsletter from the American Association for Gifted Children, 15 Gramercy Park, New York, NY 10003, one of many advocacy organizations you can join.

—Written with Ruth Duskin Feldman, author of Whatever Happened to the Quiz Kids? Perils and Profits of Growing Up Gifted *(Chicago Review Press)*

In a rapidly changing world, reading is still the basic tool for a good education.



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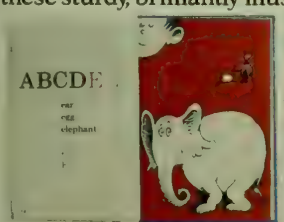
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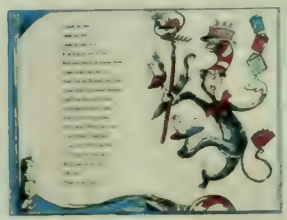
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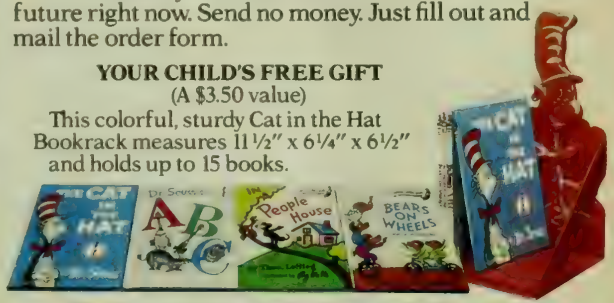
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TAXES

Ten Common Oversights That Could Be Costing You Money

Many people pay more income taxes than is necessary simply because they overlook various tax deductions and credits that they are entitled to claim. Keep the following ten common oversights in mind as you prepare your 1983 return, and check a tax manual or see a consultant if you're not sure about how the rules affect your situation.

1. Missing out on the "marriage tax penalty" deduction

Until 1982, many working couples had to pay considerably more in federal income taxes than two single taxpayers who earned incomes comparable to those of the couple. Working spouses still suffer from this so-called marriage tax penalty, but less so, thanks to the 1981 tax act which eased the gap between tax bills. Yet an IRS spot check of 1982 returns revealed that many qualifying couples had not taken advantage of this significant new income tax adjustment.

For 1982, those couples could have lowered their joint taxable income by deducting 5 percent of the lesser income up to a maximum of $1,500. From 1983 on, the rules allow a deduction equal to 10 percent of the lower income, up to a maximum of $3,000. That would mean a potential 1983 tax saving of $750 for a couple in the 25-percent income tax bracket, $1,200 for a couple in the 40-percent bracket.

You may claim the marriage penalty deduction whether or not you itemize deductions on your return. In order to qualify, both spouses must work and they must file a joint return. The lower income must come just from salaries, wages, or fees, and you must first subtract any contributions you made from that income to your Individual Retirement Accounts or Keogh plans.

To claim this deduction, fill out IRS Schedule W and include it with your tax return. You can pick up a copy at your local IRS office if the form was not included in the tax package you get in the mail. If you were eligible for the deduction last year and did not claim it, check with an IRS office about filing an amended return.

2. Not deducting job-hunting expenses

With unemployment still very high, many people are looking for jobs, yet they often overlook the fact that certain expenses involved with their job search are tax deductible. There is only one catch. To qualify for the deduction, you must be looking for a job in the same field as your former one. For example, an X-ray technician can deduct expenses incurred while looking for an X-ray technician's job but not for a search in the computer sales business.

Just about everything that is connected with a qualified job search is deductible, including the costs of having a résumé printed, employment agency fees, air fares to another city where there is a qualified job opening, and local transportation such as taxi fares. Travel and transportation expenses are deductible whether or not you itemize; other job-hunting expenses are deductible only if you itemize. Just be sure to keep records of your search so that you can back up your claim should you be audited. An itemized diary would be a good idea, as well as receipts.

3. Overlooking medical expenses

The medical care deduction has been tightened as of 1983, so that you can deduct only those expenses that exceed 5 percent of your adjusted gross income rather than 3 percent. Don't let that



fact discourage you from totaling up your costs to see if you have a deduction, however. Even under the old 3-percent rule, many taxpayers overlooked medical expenses that could have saved them tax dollars. Some examples are eyeglasses and hearing aids, chiropractic treatments, all dental care including the cost of braces, acupuncture treatments, elective surgery such as vasectomies and face-lifts, and your transportation to and from medical treatment. Also, don't forget to figure

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Taxes

in medical expenses you paid for a dependent partner or relative (check IRS rules), or a dependent child who lives with you. Such expenses may include home nursing services, the cost of installing special equipment, and prosthetic devices. When figuring medical deductions, subtract any amount reimbursed by health insurance.

4. Forgetting sales tax and interest expenses

Sloppy record-keeping may cost you some legitimate deductions for interest charges and sales taxes that you paid during 1983. Any interest you paid on your charge and credit cards are fully deductible. So are sales taxes. The government provides specific guidelines for state and local sales taxes, allowing you a set deduction without having to produce proof. The amounts are detailed in sales tax tables in the tax booklet you receive in the mail. Don't forget to add nontaxable income such as Social Security to your adjusted gross income (AGI) before you determine the allowed deduction.

Of course, you're entitled to deduct more than the government guidelines if that's what you spent on sales taxes. Just be sure you can document your claim. You're also allowed a sales tax deduction in addition to the amount in the tables if you bought some large-ticket items during the year such as a new car, boat, plane, mobile home, or materials to build a new home.

5. Not deducting home-buying points or prepayment penalties

If you purchased a home in 1983, you may have paid points to the lender to get a mortgage. Such charges were typically 3 or 4 percent of the purchase price in the 1983 market and could have added up to lots of money. Take them as an interest deduction if you itemize. Similarly, if you paid off a mortgage and were charged a prepayment penalty, those dollars are deductible when you itemize.

6. Miscalculating charitable contributions

You're probably aware that you can deduct gifts made to charities if you itemize deductions, but some things that are considered to be charitable gifts might surprise you. For example, if you do volunteer work of any kind and you drive your car to or from the place where you're doing the charitable work, or if you use your car in the course of that work, you can deduct nine cents for every mile traveled for such purposes during the year. Related parking charges and tolls are deductible as well. Keep receipts to back up your claim, as well as a diary noting dates and mileage driven.

If you donate used clothing, furniture, and other items to a charity thrift or resale shop, you can take a deduction for their estimated value. Get a receipt or appraisal from the shop as evidence of the worth of the goods donated.

Note: Even if you do not itemize deductions, you can take a charitable deduction for 1983 of up to $25.

7. Overlooking the Social Security tax credit

Many people who hold more than one job are unaware of the tax credit they're due if they paid more than the maximum Social Security taxes for the year. (Unlike a deduction, which reduces taxable income, a tax credit is a direct reduction of taxes due, dollar for dollar.) Look at your W-2 forms for the Social Security (FICA) taxes. If they were more than $2,391.90 for 1983, you are entitled to a credit for the excess. There's a specific line on the 1040 tax form for this credit; on forms 1040A and 1040EZ, it's included with income tax withheld.

8. Not taking the full child care credit

The tax credit that working parents are allowed for child care costs is figured on a sliding scale, depending on family income. Working couples or single working parents whose adjusted gross incomes are $10,000 or less can take a credit of 30 percent of the first $2,400 in expenses for one child, up to a maximum of $720. The maximum for two or more kids is 30 percent of the first $4,800 in expenses, with a maximum of $1,440. Those credits drop by 1 percent of each $2,000 of adjusted gross income greater than $10,000. For incomes of $28,000 or above, you're allowed a credit of 20 percent of costs, up to $480 for one child, $960 for two children or more.

For couples, the credit is available only when both spouses work and hire a baby-sitter. However, nursery or day-care center expenses qualify. Part of summer camp expenses also may be deductible, but check an expert first. Baby-sitting wages paid to relatives now qualify as well, if the sitters are not your dependents. And, you may take the credit for legitimate in-home expenses for the care of aging dependent relatives who are mentally or physically disabled. Whatever the case, the key is that the working couple who form the household must work outside of the home. Use Form 2441 to claim this income tax credit.

9. Missing out on energy tax credits

Many people tend to forget that the energy tax credit is still available to homeowners and renters who do such things as add insulation and install storm windows. The tax break won't apply for improvements made after 1985, however, unless the law is changed. If you make such improvements on a home that was built prior to April 20, 1977 and is your primary residence, you can claim a credit of up to $300 or 15 percent of the first $2,000 you spend on these items.

For home improvements that provide renewable-energy sources, such as solar collectors, the credit is quite a bit more generous. In that situation, you get to take 40 percent of the first $10,000 that you spent on the improvements. The maximum credit is $4,000. To learn more, ask your local IRS office for a copy of IRS Publication 903.

10. Failing to income average

Many people who have a dramatic increase in their income—perhaps a second income was added, or there was a major capital gain—unwittingly pay taxes on that boost all at once. Actually, Uncle Sam offers a way to lessen the blow by spreading the tax burden over several years. The technique is called income averaging and is spelled out on Schedule G. Generally, income averaging makes sense if your taxable income for 1983 was at least $3,000 more than 30 percent of your total income for the previous four years.

—By David Kennedy



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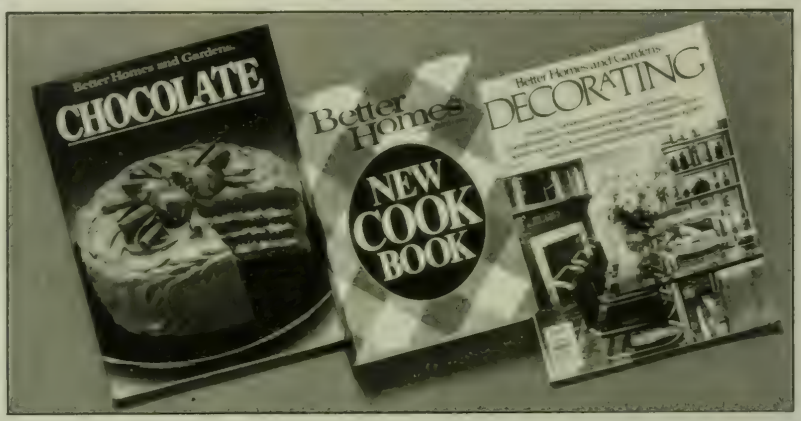
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New Ideas



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For more than fifty years the Better Homes and Gardens® *New Cook Book* has been America's favorite. Now its familiar red plaid cover design can be found on a new, low-price soft cover edition. This full-sized edition (its pages are the same size as the regular edition) contains all of the 1,251 kitchen-tested recipes of its ring-bound sister. Also included are all the nutritional analysis charts, tips and how-to's, and of course it has lost none of the mouth-watering, full-color photographs. In fact, about the only real change, other than its binding, is the price — an excellent value at just $9.95. Thanks to its heavy paper stock and clever binding, this new soft cover edition lies conveniently flat when open, and features a practical, wipe-clean cover. You'll find the new low-price edition of the Better Homes and Gardens *New Cook Book* wherever books are sold.

Ahhhh...chocolate!

Who doesn't like chocolate? As the opening editorial of this new cookbook from Better Homes and Gardens says: "The mere thought of this word can bring a smile to the faces of young and old alike." Yes indeed. And if you are one of the more than eight out of ten Americans who love chocolate, you'll find it hard to resist this new book. Throughout you'll find recipes that call for every type of chocolate — everything from sinfully rich cakes and pies to elegant tortes and mousses. There are also lots of cookie and candy recipes, plus a special section on garnishing dishes with chocolate. You'll find this 96-page hardcover book at a bookseller near you... resist it if you can!

Spring's in the air... time to decorate

It's almost that time again, the time when you can throw open the windows, drink in the fresh spring air, and ... decorate! This edition of the quarterly Better Homes and Gardens® magazine *Decorating* is in newsstands and magazine racks everywhere, and it's filled cover to cover with brilliant and practical ideas and features. Samples: *Color Forecast* — what are the colors to look for in '84? *Architectural Antiques* — how to find them, how to use them. *Special Attractions* — how to make every inch count in rooms both big and small. *Great Casual Furniture Finds* — an assortment of our favorites, and who makes them. Other features cover lighting, regional decorating from the Southwest, and a tour of two beautiful homes. Once again *Decorating* is all that you'd expect from our home editors, and more. The Spring 1984 issue is available at your newsstand.



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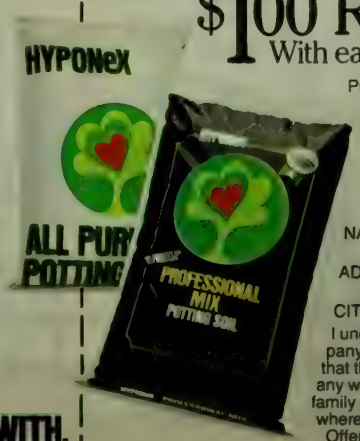
And if you're looking for savings, now is the time to pot them. The details are in the $1.00 refund coupon below.

*Growth increase equals height increase times width increase.

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THE AFFORDABLE HOUSE

ONE STEP AT A TIME

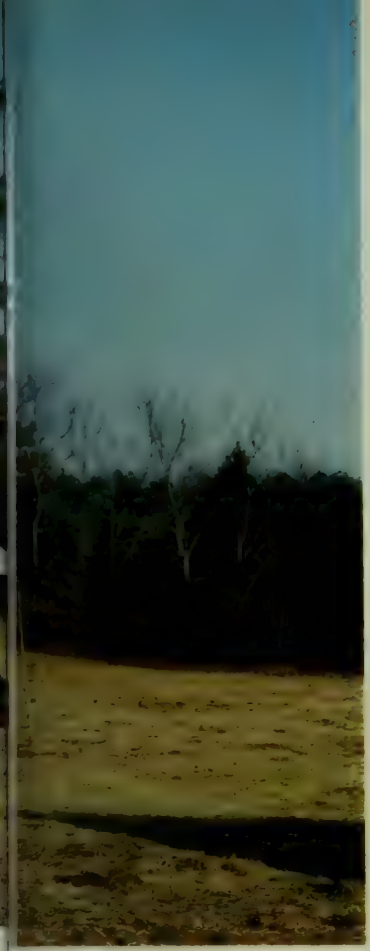
Mention the word "affordable" and you invite ten different definitions from ten different people. But if you're a young, first-time home shopper, the two-phase building concept might be a genuinely affordable option. The idea, being promoted by builder R. B. Fitch of Chapel Hill, North Carolina, is based on the old moving-up concept—but with a twist: you build the larger home right behind your first home.

By David Haupert

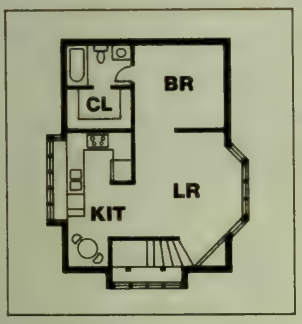
Photographs: Ozzie Sweet. Architect: Jon Condoret, AIA. Interior design: Jenny Fitch

Phase 1 of Fitch's marketing package consists of comfortable quarters above a double garage *(top)*. Phase 2 is an energy-efficient two- or three-bedroom house (our example includes a two-bedroom scheme) that you build on the same lot when finances allow. Once you've moved into the house proper, you can rent out the smaller unit or make it available to grandparents or other family members.









STEP ONE: GARAGE/ APARTMENT

Efficiently packaged in the 20x28-foot rectangle above the garage *(see plan)* is a comfortable one-bedroom retreat. Its soaring, roof-hugging ceilings and strategically located window bays make the 560 square feet of living space seem more like 900. A sizable living room area *(above)* opening off the head of the angled stairway dominates the space but doesn't crowd the bedroom, which is beyond the partial wall in the background. The large window bump-out at right, one of three in the design, adds elbowroom and bounces daylight throughout the main area.

The bedroom *(right)* combines with a bathroom and walk-in closet to create a luxurious suite that can serve as a separate living zone when needed.

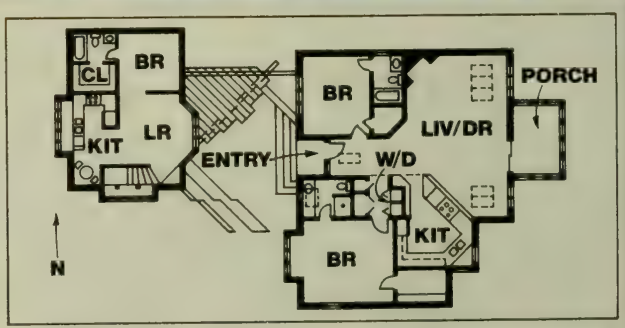
An 11x10-foot, U-shaped kitchen *(opposite)*, perched above one of the garage doors, sits just off the living area and within reach of a small table and chairs next to the stair opening *(see plan)*. That bay window visible in the exterior photo *(opposite)* provides a panoramic view.





STEP TWO: THE MAIN HOUSE

ACTIVE AREAS



On the same lot, just behind the garage quarters, is this two-bedroom, two-bath house *(above)*—about 1,290 square feet overall. A connector deck ties the house to the garage/apartment in such a way that neither looks like an afterthought.

The floor plan gives a hint of the architectural excitement inside. Note how the designer streamlines traditionally rectangular shapes by removing corners and introducing diagonal lines, particularly in the larger, open area. The first two angles to greet you flank the end of the entry hall as it gracefully welcomes you to the spacious main room occupying the entire rear half of the house. Other diagonals include the 45-degree kitchen counter and corner sink. Even the built-in fireplace is angled across a corner, a plus for furniture arranging.

As the plan also shows, either of the bedrooms could serve as a child's room or, if the children have left the nest, a multipurpose space that can be pressed into bedroom duty when the kids return for a visit.

As you stand at the end of the extra-wide entry hall and glance left, you see the living area *(opposite top)*, roughly a 16-foot square. Its open plan, skylights, and cathedral ceiling make the space seem much larger.

There's no chance of claustrophobia here. When you stand in the far corner of the living area and look toward the kitchen *(opposite middle)*, you feel as if the house is one gigantic room. But down the hall past the white door in the right

Photographs: Van Jones Martin. Architect: Jon Condoret, AIA. Interior design: Jenny Fitch. Landscape design: Sears Design Group









background is a spacious master suite. And behind the wall at the extreme right are a second bedroom, bath, and small walk-in closet.

Lots of angles and shapes give the kitchen *(bottom)* an upbeat ambience that's often missing from more conventional layouts. Its efficient work triangle and good balance of open, closed, and hanging storage rate this kitchen tops in practicality, too. And the tiers of shelving along the right side help create a smooth visual transition between the kitchen proper and adjoining spaces.

Because the range is located in the diagonal peninsula facing the rest of the main living area, whoever takes on the cooking chores for the evening can keep in touch with all activities and conversations nearby.

THE MAIN HOUSE

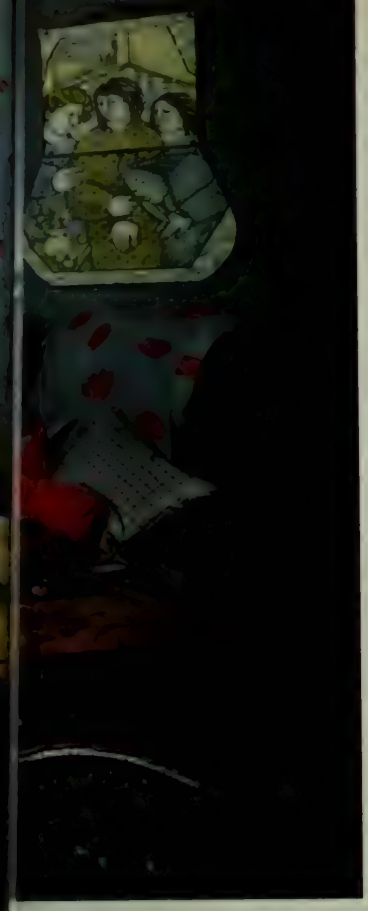
QUIET AREAS



Two distinct and private sleeping areas, separated by the entry hall, line the front half of the house. You enter the 14x14-foot master bedroom *(right)* via a hallway flanked by closets on one side and a laundry area on the other. The hallway link is just long enough to buffer the master suite from the rest of the house and give it a private, world-of-its-own atmosphere. A 2x8-foot window bump-out in the front wall forms a cozy sitting area where Mom and Dad can relax with a good magazine or keep tabs on front-yard fun and games.

The second bedroom, used as a study in this example *(top)*, opens directly off the front entry and is a bit smaller than the master bedroom, about 14x11. But when fitted with bunk beds and a few storage/study pieces, it's big enough to accommodate a couple of kids. Or furnish it with a sleep sofa, and this suite could serve both as a den and a guest room.

One of the most appealing amenities—and a real energy-saver—is the charming screened porch *(opposite top)* at the rear. Cross breezes make this a comfortable retreat even during oppressively hot days. The seating bump-out and raised ceiling help expand the porch beyond its basic 12x9-foot dimensions.





A porch like this one could be added wherever it best serves your lifestyle. This floor plan offers at least three alternatives: (1) shift the porch to the north side of the living area, leaving the backyard undisturbed; (2) add it to the master bedroom and put it to use as a sleeping porch in good-weather months; or (3) change the shape to an L and tuck it into the southeast corner, wrapping around the dining area and the kitchen.

And while you're personalizing the plan, give some thought to spinning the garage 90 degrees counterclockwise; that way, the garage/apartment is more accessible from the house.

Buying information, page 65.
To order Plan No. 19948, see page 154.



Trash Bag KITES

By Steven Coulter and Nancy Hall

Kite flying entices adults as readily as kids, making it a wonderful family activity. It takes only a kite, a light breeze, fair weather, and an open space away from kite-snaring trees and wires. If you fashion your own kites, it's an inexpensive hobby, too. The kites here are a cinch to make, cost only pennies, and fly as you've always dreamed a kite should—soaring free and easy.







Aussie Fighter



Delta Moth



Sled



Vented Box

The secret of our kites is plastic trash bags. Any heavy-duty plastic bag without side gussets can be used, but brightly colored ones are the most fun to fly. You'll also need strapping tape, wooden dowels, flexible plastic tubing (available in plumbing and hardware stores), and a flying line.

Decorating plastic bag kites is easy. Use permanent markers to draw your own designs. Bold, graphic designs are best since small details will disappear when the kite is high in the sky.

In addition to being durable, plastic bag kites come apart and roll into handy carrying sizes. And should your kite do a nose dive and suffer a broken strut, all that's needed for repair is a length of dowel and a little tape.

Start by making a basic kite like the super-simple Sled that will fly in the slightest breeze. Once you've mastered the basics of building and flying a Sled kite, move on to the Delta Moth or Vented Box versions. A Delta flies best in a light to moderate wind (4-18 mph), the Vented Box, in a moderate to strong wind (13-31 mph). A tail (made from trash bag strips) may be added for greater stability in stronger winds.

A slightly more adventurous kite is the Aussie Fighter. A fighter kite requires more skill in maneuvering and adds a challenge to kite flying.

Our kites were designed by Wayne Hosking, a transplanted Australian and the author of *Kites, Aussie Style*. Wayne spent years perfecting simple-to-make, easy-to-fly, inexpensive kites.

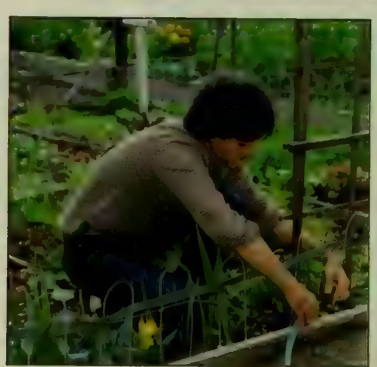
How-to instructions begin on page 52.
Buying information, page 65.

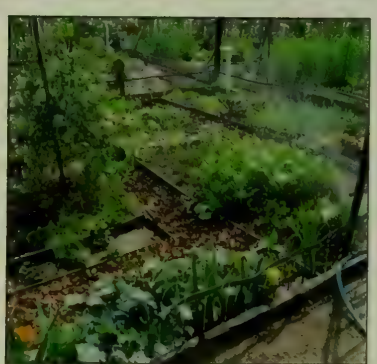
Photographs: Hopkins Associates

By Douglas A. Jimerson

A Harvest of Ideas from Community Gardens







Vegetable gardeners are always on the lookout for new ways to improve their harvests. If a fresh idea proves fruitful for one gardener, it's a sure bet that friends, neighbors, and relatives will try the same method in their own garden.

Community gardeners, in particular, have learned how to share successful gardening ideas. Last summer, we found a bumper crop of ingenious tips and techniques in community gardens across the country. You could easily duplicate them in your garden.

Enthusiastic gardeners like to make sure that every square inch of garden space is kept in full production. This is especially important in smaller gardens where space is at a premium.

In Helen Proctor's diminutive garden *(top)*, a number of crops are shoehorned around a series of chicken-wire trellises. Pole beans, for example, are planted so that they can grow up one side of the end trellis. Leaf lettuce is planted underneath the beans; as the beans grow tall, the lettuce is automatically shaded from the sun.

Keeping a vegetable garden well watered during the summer can become a major chore. But, Rafik Ghazarium *(above left)* has come up with a solution that any gardener can use. Rafik simply edges his plot *(above)* with inexpensive garden fencing. Then, he weaves a soaker hose through the fence, being sure that the holes in the hose face into the garden. When the hose is hooked up to a nearby spigot, the vegetables are watered with a fine, even mist.







Cool-weather crops like lettuce and spinach usually bolt (go to seed) when the weather gets hot. That's why Rose Skolnick *(above)* designed this nifty, low-cost sun screen. It protects her lettuce and spinach plants from the direct rays of the sun, prolonging tasty harvests well into the summer months.

To make her sun screen *(above right)*, Rose drove nine, two-foot-tall stakes into her lettuce bed, three stakes at each end and three in the middle. She then nailed chicken wire to the top of each stake, and topped the wire with an old nylon curtain. The curtain stays in place because it's hooked over the nailheads that secure the chicken wire. The structure does a good job of protecting the crops from the elements and it's high enough for easy weeding, watering, and harvesting.

After all the lettuce is harvested, new crops can be sown under the sun screen for fall harvests. The structure is easy to store.

Even the best gardeners sometimes have a problem with keeping their crops looking good. Raymond Elliott *(top)* is one who loves to garden, but because his spare time is limited, he can't always keep his community garden plot immaculate. So Raymond devised a system of portable tomato and bean towers for growing his two favorite crops with a minimum of work. He's also constructed a wooden walkway that fits between the towers; the walkway is built in sections, making installation and removal a snap. The boards help discourage weed growth in the paths and give Raymond clean access to his plants when the soil is wet. In the fall, Raymond removes and stores all the towers and the walkway.

Photographs: Top, Tim Street-Porter; bottom, Ernest Braun
Field editors: Top, Barbara Cathcart; bottom, Pauline Graves





Ideas from Community Gardens



A good way to save space in a vegetable garden is to grow crops vertically, up a trellis or a fence. Sugar Snap peas, pole string beans, climbing lima beans, and even cucumbers and melons produce more and better harvests when they're allowed to grow up a sturdy support.

To increase the harvests in his tiny community garden plot, Walter Hugo *(center)* designed and built this handsome and effective trellis system. Here *(top left)*, in the early spring, he grows Sugar Snap peas. After the pea harvest, he replants the area with Kentucky Wonder pole beans.

The trellis is constructed from lengths of eight-foot-tall 1x1s tied together tepee style; a 1x1 crosspiece provides extra support. Additional 1x1s are fastened to the base of the structure for stability. Twine is stretched between the base of the trellis and the crosspiece to give the crops more to climb on.

Walter enjoys growing and harvesting lettuce. To protect his crops from the hot midsummer sun, Walter uses a window-screen tent *(above)* that acts as both a wind and sun barrier. The structure is made from two old window screens fastened together on one end and set over the garden. Small wooden stakes are driven through the bases of the window screens to keep them from toppling during high winds or storms.

For added protection from the elements, a third window screen is used. This screen is placed sideways against the base of the window-screen tent where it can prevent crosswinds from carrying the tent away. The other end of the tent is left open to allow for watering, weeding, and harvesting the vegetables.

Photographs: Tim Street-Porter
Field editor: Pauline Graves

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begins on page 46

Kites

Kite Terms

Flying line holds the kite into the wind and is your control device.

Bridle connects the kite to the flying line and forms a tow point. A bridle can be either single or multiple.

Tow point is the point at which the flying line is connected to the bridle or kite and sets the kite at the correct angle to the wind. It will vary according to wind conditions.

Spine (usually a dowel) is the backbone of your kite and helps hold it taut where necessary.

Struts (usually dowels) are side and cross members that stretch and support the kite frame.

Tails are added to the bottom of a kite to add drag, but not weight. A good tail should act as a stabilizer.

Sail is the main body, or cover, of the kite.

Winders hold flying line and make the launching and retrieving of a kite simpler.

Tools and materials needed to build a plastic bag kite

1. 2-mil plastic trash bag
2. ¾-in.-wide strapping tape
3. Wooden dowels
4. ¼-in. (inside diameter) flexible plastic tubing
5. Flying line
6. Fishing line swivel (optional, to be attached securely to flying line and hooked into the tow point)
7. Small saw or pruning shears to cut dowels
8. Paper or leather punch
9. Permanent marking pens
10. Sharp scissors
11. A needle for threading the bridle through holes in kite sail

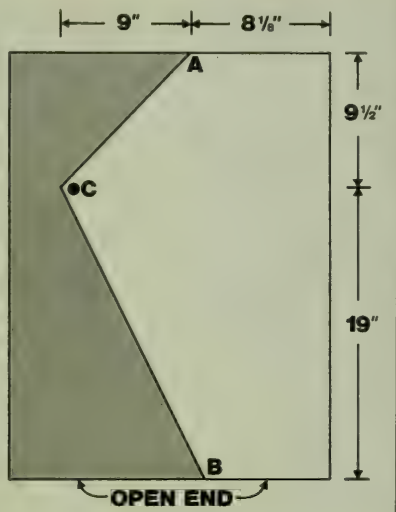
Note: One of the most important rules to remember in building a kite is that all wings on the sides of a sail must be equal. If you add a piece of tape to one side you must add the same size piece to the other side unless you are correcting a balance problem.

SLED (28 inches)

Materials: 1 plastic trash bag; two 28½ x 3/16-in. dowels; strapping tape; 85½-in. flying line for bridle; 15- to 20-lb. test flying line.

Instructions: Using drawing *(right)* and marking pen, draw and cut kite sail from bag.

Open sail and lay flat. Tape dowels between A and B on both sides of sail, placing tape under plastic and folding it up and over dowel and to plastic.



SLED

Tape dowels to plastic near center of each dowel.

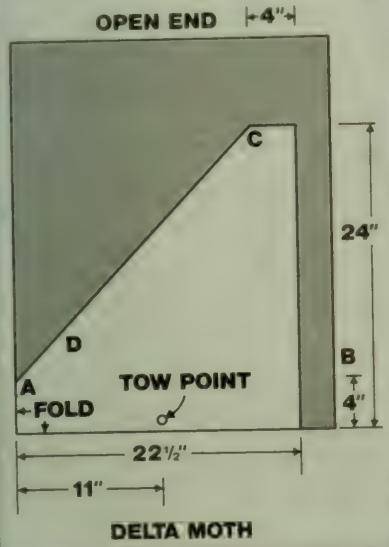
Reinforce bridle points (C) on each wing with tape. Fold sail and match points C. Using paper or leather punch make a hole through the tape on both wings at once. Tie bridle through holes. Find center of bridle. Tie a loop at midpoint. Attach flying line to loop.



Dowels should be on the outside (sky side) when flying. A tail may be added at the bottom of each strut for flying in stronger winds.

DELTA MOTH

Materials: 1 plastic trash bag; ¼-in. dowels in the following lengths: one 22½ in., two 21 in., 1 cross strut approximately 18½ in.; two 1½x¼-in. pieces plastic tubing; strapping tape; 20-lb. test flying line.



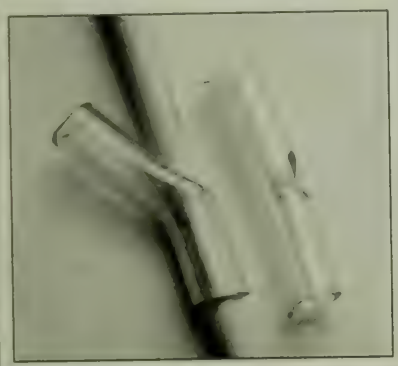
DELTA MOTH

Instructions: Using drawing *(left)* draw and cut sail from plastic bag.

Keep kite folded at center fold; fold back one wing at A-B. Tape wings along fold to form keel. Reinforce nose of keel with tape. Insert 22½-in. dowel for spine. Close tail of keel with tape.

Reinforce tow point with tape. Punch hole for tow point.

Fold tubing in half. Cut off one corner at fold. Slide tubing onto 21-in. side struts with open ends of tubing 14 in. from ends of dowels (see photo *below*). Place side struts on wings of kite with one end at C and tape at C, D, and just below tubing (see photo *below*).



Fit cross strut dowel into one side



strut and cut to fit into second strut. Insert into side struts.

Attach flying line at tow point. A tail may be added for flying in stronger winds. Cut strips from bag and tie together for an inexpensive tail.

VENTED BOX

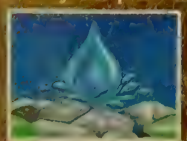
Materials: 1 plastic trash bag; six 36x¼-in. wooden dowels; eight 1½x¼-in. pieces plastic tubing; strapping tape;

continued



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The one that's moisture activated.

20- to 30-lb. test flying line.

Instructions: Cut off closed bottom of bag. Fold bag in half lengthwise. Mark or snip each end at fold. Fold bag in half lengthwise again. Fold bag in half crosswise with ends meeting. Cut a 4x6-in. triangle from one folded corner through all layers. Unfold bag.

Fold tubing piece in half. Cut off one folded corner. Repeat for remaining seven pieces. Slide two pieces of tubing onto each of four dowels for side struts, placing open ends of tubing 6 in. from ends of dowels. Tape side struts to inside of kite at side seams and between marks of your first fold. Cut remaining dowels to make four cross struts approximately 19¾ in. long. You may need to adjust the length slightly. Fit cross struts into tubing, diagonally across the inside, two at each end.

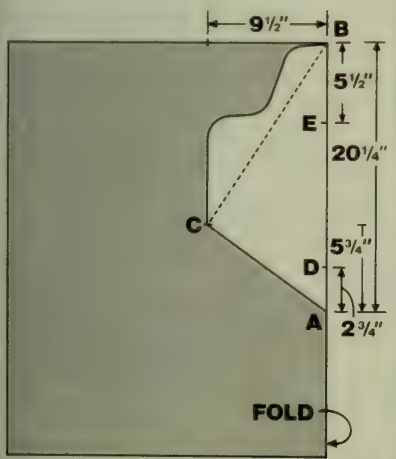
Mark a tow point 1 in. from top of kite at one side strut. Reinforce with tape. Punch hole. Tie flying line.

AUSSIE FIGHTER

Materials: 1 plastic trash bag; two 20¼x⅛-in. dowels; one 40½-in. bridle from buttonhole-thread or dental floss flying line; plastic drinking straw; strapping tape.

Instructions: Using drawing *(below)* draw and cut kite sail from bag.

Position one dowel down center of



AUSSIE FIGHTER

kite at A-B for spine. Tape ends to plastic as for Sled kite (see *page 52).*

From plastic straw cut two ½-in. pieces for pockets for cross strut. Tape on each side at C.

Reinforce bridle points at D and E with pieces of tape. Punch holes as shown on drawing.

Insert cross strut into pockets. The strut will curve upward in the center. Insert bridle through holes and around dowels. Tie securely.

Hold bridle between two fingers with kite level in a horizontal position. Move along bridle to about ½ in. above kite center to the point where kite stays balanced. Tie loop for tow point. Attach flying line at tow point.

Tips on flying kites

1. Find an open area away from trees, power lines, cars, etc.
2. Use the right weight flying line.
3. Limit amount of line let out to maintain control.
4. Keep a slight tension on your line unless stunting or stopping a dive.
5. Give flying line slack and a slight jerk to change direction of kite.
6. Fly a kite rated for the amount of wind in your particular location.
7. Add a tail to stabilize a kite.
8. If kite becomes entangled in a tree or power lines, cut it free and let the wind untangle it.
9. To untangle crossed kite lines, fliers should stand next to each other holding winders slightly away from bodies. The cross will run down the lines so you can untangle them.
10. Pull line to release tension on flying line before winding onto winder. If you wind the line too tightly it may break the line or winder.
11. Use gloves to fly large kites.





The new '84 Ford Tempo. Technology never felt so comfortable.

The inside story.

Tempo's interior is a computer-refined compartment for five. Computer-designed placement of seats, door, roof and window areas afford maximum space efficiency.

Even Tempo's front-wheel-drive configuration was designed to provide more interior room. Since there is no drive shaft, there is no large hump to rob valuable floor space. In fact, Tempo actually has more rear room than a Mercedes 300D.*

For driver's convenience, controls are all placed within easy reach. For added ease, wipers and washer, directionals, high-beams and flash-to-pass are located on the steering column itself.

Technology that works for you.

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*Based on EPA Interior Volume Index.

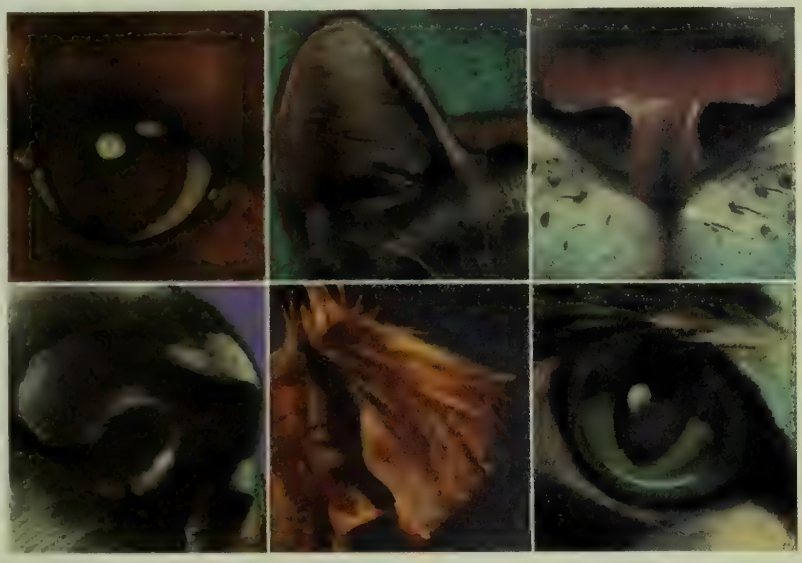
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Ford



Barbara Humeston

Eye, Ear and Nose Disorders



Unlike many health problems, ailments affecting your dog or cat's eyes, ears, and nose often are difficult to detect. But untreated symptoms can do more than cause discomfort; they can lead to conditions that needlessly handicap your pet. It's important to stay alert to warning signs and to get prompt veterinary attention when you suspect trouble. If you're buying a dog or cat breed that's particularly prone to problems of the senses (see listings that follow), ask for proof that the animal's ancestors are healthy.

Eye disorders

Your pet's eyes are susceptible to the same diseases as your own, plus a few more. Watch for excessive tearing, redness and swelling, milky-colored corneas, closed lids, rubbing or pawing at the eyes, and changes in the eyes' identical appearance. Keep in mind that these symptoms also may indicate such disorders as allergies or chronic, breed-related conditions. But if trouble persists for longer than 24 hours and you're doubtful about its cause, consult a veterinarian.

Cataracts—These painless, opaque areas that develop within the lens of the eye have several causes: accidents and injuries, diabetes, old age, poisons, bacterial infections, and heredity. Cataracts also can be present at birth in some dog breeds, including cocker spaniels and miniature Schnauzers.

Cataracts may only partially impair your pet's vision, or they may cause blindness. In many cases, surgery may improve your pet's sight.

A condition often confused with cataracts is lens sclerosis, caused by a bluish or grayish white haze that develops on the lenses of older dogs and cats. Sclerosis doesn't interfere with vision.

Dog breeds: Irish Setter, Afghan hound, German shepherd, beagle, old English sheepdog, Boston terrier, Poodle, Schnauzer, cocker spaniel, dachshund, Alaskan Malamute, as well as several types of retrievers.

Corneal ulcers—Wounds, infections, and exposure to chemicals (especially soaps and detergents) can cause these usually painful breaks in tissues lining the cornea. If your pet squints and his eyes seem overly sensitive to sunlight, he may have a corneal ulcer.

Smaller corneal ulcers often heal on their own. For deeper lesions, a veterinarian may prescribe artificial tears and drugs. He or she also may perform surgery. Severely ulcerated corneas may cause blindness.

Dog breeds: Boston terrier, shih tzu, Pekingese, pug, English bulldog.

Entropion—A dog or cat with entropion has an upper or lower eyelid (usually the lower one) that's turned in, causing the cornea to be irritated by lashes and hair growing on the lid. Permanent corneal damage can result. Most cases of entropion, which can be corrected with surgery, are inherited and appear in puppies. Mild cases may disappear as puppies mature.

Dog breeds: chow chow, Chinese Shar-Pei, Irish Setter, bulldog, Kerry Blue Terrier, Saint Bernard, several types of retrievers. Cat breed: Persian.

Ectropion—Ectropion is the opposite condition of entropion: Your pet's lower eyelid sags and rolls outward, allowing bacteria to invade the eye. The problem usually is operable.

Dog breeds: Irish Setter, cocker spaniel, bloodhound, Saint Bernard.

Glaucoma—When drainage of fluids in the eye is impaired, pressure within the eye increases. This painful condition is known as glaucoma and is fairly common among dogs, less common in cats. Controlling glaucoma, which results in partial vision loss or blindness, requires early detection. Be suspicious if your pet's eye has a bulging appearance, dilated pupil, and/or an opaque or bluish-colored cornea.

A severe infection, injury, or tumor can restrict the flow of eye fluids and cause glaucoma. The condition also can be inherited. Drugs and/or surgery in the early stages of the disease can reduce the pressure, but long-term treatment may be required.

Dog breeds: cocker spaniel, beagle, basset hound, miniature and toy Poodles, Norwegian Elkhound, Alaskan Malamute, several types of terriers. Cat breed: Siamese.

Progressive retinal atrophy—This inherited disease, for which there's no effective treatment, begins with poor night vision and leads to blindness. If your pet has dilated pupils that shine, he could be a candidate.

continued

Illustration: Gary Kelley, Hellman Design Associates


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continued

Eye, ear, and nose disorders

Dog breeds: Miniature and toy Poodles, dachshund, cocker spaniel, Gordon and Irish Setters, Norwegian Elkhound, Samoyed, beagle, collie, miniature Schnauzer, Saluki, several types of retrievers. Cat breed: Persian.

If your pet's eye problem isn't responding to your veterinarian's treatment, ask him or her to refer you to a veterinary ophthalmologist. You also can locate board-certified veterinary ophthalmologists by writing to the American College of Veterinary Ophthalmologists, c/o Dr. Robert M. Gwin, Secretary/Treasurer, Dean McGee Eye Institute, 608 Stanton L. Young Blvd., Oklahoma City, OK 73104.

Ear problems

Nearly 80 percent of ear problems in dogs occur in the flop-eared breeds. These dogs are the most prone to ear infections, the primary ear ailment among pets. But any pet that continually paws at his ears and shakes or cocks his head should be examined.

Keeping your pet's ears clean is the best prevention. Moisten a cloth with alcohol, white vinegar, or peroxide and wrap it around your finger to clean the inside of the ear flap and outer ear canal. Never use soap and water.

Otitis externa—This is fancy terminology for outer ear infection, a condition with a multitude of causes. Signs of an infected ear are tenderness, redness on the inside of the ear flap, swelling of skin folds in the ear canal, large amounts of waxy discharge and pus (in severe cases), and a bad odor.

If not treated promptly, outer ear infections can spread to the middle and inner ear, affecting your pet's sense of balance or resulting in hearing loss. A veterinarian usually will prescribe antibiotic ointments for serious infections. If the infection persists, he or she may recommend surgery to change the structure of the outer ear.

Parasites, especially ear mites, are probably the most common cause of outer ear infections. Ticks are less common. Dogs plagued with seborrhea, yellowish, greasy patches of crust and/or scales on the skin, are prone to outer

ear infection, too. A rancid odor accompanies seborrhea, which is common among spaniels.

Dog breeds: Poodle, German shepherd, beagle, and several types of spaniels, especially cockers, and hounds.

Hematoma—This is a swelling caused by broken blood vessels bleeding beneath the skin of the ear flap. Primarily flop-eared dogs with infected ears cause a hematoma by vigorously scratching their ears and violently shaking their heads. A veterinarian can drain the hematoma to remove the unsightly swelling and relieve the pain; surgery may prevent your pet from developing unattractive cauliflower ears.

Deafness—Gradual loss of hearing as part of the aging process occurs most frequently among dogs. Deafness also can be caused by a serious ear infection, or it may be inherited.

Dog breeds: Dalmatian, bulldog, bull-terrier, many white-coated breeds. Cat breeds: Blue-eyed, white-coated cats.

Nose conditions

Most dogs and cats are blessed with an incredibly keen sense of smell. As a result, they rely on their noses in ways that are difficult for most people to understand. Fortunately, there are few nose-related diseases. Heredity doesn't play a big role in nasal problems, except for breathing difficulties among short-nosed breeds like pugs, bulldogs, boxers, and Persian cats.

Be on the lookout for such symptoms as sneezing and snorting "fits" and sticky, yellowish, or bloody discharges that could signal internal problems and diseases: allergies, kennel cough, canine distemper and other viruses, bacteria, and fungi. Clear, watery discharges are considered normal (a dry, warm nose can be normal, too).

Nasal tumors—Most of these are malignant and occur in older dogs. Tumors may cause nosebleeds, tearing, open-mouth breathing, facial deformities, even loose teeth. So far, radiotherapy treatment offers the best chance for cure. Because of the possibility of malignancy, *any* abnormal discharge or growth in or on your pet's nose should be brought to a veterinarian's attention. Growths on and around your pet's eyes and ears also should be investigated by a professional.

—Judy Crawford

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ELECTRONICS

Care Tips for Audio- And Videocassettes

Cassette tapes require less care than record albums, but some maintenance guidelines should be followed to ensure that your tapes have a long, trouble-free life.

Audio tapes

Store your cassettes upright, like books on a shelf, to minimize the chances of having the tape loosen on its spools and cause snarls and jams while playing. Keep tapes away from radiators and sunlight, as well as TV sets, amplifiers, and other machines that generate magnetic fields.

Cassette tapes don't need to be cleaned, but avoid touching the actual tape with your fingertips. What do require periodic cleaning are the tape heads inside your cassette player. Tiny particles rub off of the tape and are deposited on the tape heads and the pinch rollers and capstans that guide the tape as it moves.

Clean tape heads about once every 20 hours of tape playing time, or whenever you begin to notice a drop in the treble portion of recorded music. Cotton swabs and denatured alcohol are fine for this purpose; apply fluid sparingly to the swabs and clean only the tape heads and guide rollers by rubbing with fresh swabs until the tips come away clean. Or, you can buy convenient swab-and-fluid kits from audio specialty shops (less than $10 per kit).

Tape heads are difficult to reach on some car stereo cassette players and portable and home machines. Try using disposable tape-head cleaning systems instead. Pop one into the machine like a cassette and run it through for 30 to 60 seconds. Dry tape-head cleaning systems tend to work more quickly and efficiently, while moist systems are more gentle—less important for audio than for video tape heads.

For audio systems, TDK's dry head-cleaning cassette sells for $1.89. Audio Technica's dry system for regular cassettes costs $7.95; for microcassettes, $9.95. Discwasher, a moist cleaning system, separates the head-cleaning and capstan/pinch roller-cleaning tasks and provides a separate cassette for each ($6.95 for the head cleaner, $9.95 for the capstan/pinch roller cleaner; $14.95 for a Care Set that includes both). Koss offers cleaner packages for regular and 8-track cassettes ($1.69, $1.99). Allsop's pop-in cleaning cassettes get moistened with a special fluid before you use them (available in regular, 8-track, and microcassette formats; $9.95 each).

Videocassette tapes

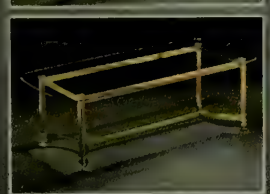
Videotapes should be treated with the same precautions as audio cassettes; otherwise, dirty video heads will plague your picture with "snow" or streaks. Since video heads are universally difficult to reach, the pop-in cleaning cassettes are recommended for routine cleaning every 20 to 30 hours of playing time. Some people use both dry and moist systems. Consider a dry system for occasional thorough cleanings, a moist system for frequent in-between cleanups. Check your VCR manual for the manufacturer's recommendation.

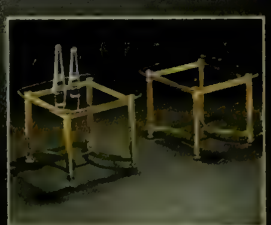
The dry approach is offered by Audio Technica, Discwasher, TDK, and 3M (from $20 to $29 per cleaning cassette). The 3M system includes a recorded message that becomes more and more legible on your TV screen: "When you can read this message, your heads are clean. Stop the recorder now." The 3M cassettes cost about $29 for VHS, and $28 for Beta cassettes.

Allsop and Koss offer the moist approach. Allsop's cassettes come with a bottle of cleaning solution that users apply to the exposed portion of the cleaning tape before inserting the cassette in the VCR ($20 to $22 per cassette). Koss's "Clean 'N Toss" uses premoistened disposable cleaning cartridges, each good for one cleaning. Kits come with three cartridges ($20); three replacement cartridges cost $4.

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Country Style for a Cozy Guest Room

A cozy and inviting guest room can make overnighters feel "at home" in your home. This country-style guest bedroom, for instance, conveys a sense of down-home hospitality. Its warm welcome comes from an array of authentic antiques and collectibles. The pieces, after all, were fashioned by rural folk who also took great pride in their neighborliness.

The casual rules of thumb for country schemes let you add and subtract pieces at will. But to keep your collections from looking busy and cluttered, establish a strong focal point around which the rest of the decorating scheme can revolve. In this case, an antique quilt hung above the bed *(above)* sets the pace. The quilt's mellow colors are repeated in other old furnishings, like the painted, scrubbed-top table and the countrified Chippendale chair at the foot of the bed. The quilt's homespun quality also is echoed by rustic collectibles that are displayed all around the charming room.

Using furnishings in unconventional ways can make a guest room more interesting and individual. Here, a country cupboard *(right)* that usually is assigned to kitchen duty provides ample storage space for vintage books, dolls, decorated pottery, and woven blankets. On the wall, a peg rack once used for coats now shows off antique homespun yard goods and hats.



Photographs: Maris/Semel. Design: Mary Audrey & Jim Apple, with Bettye Wagner, The Antique Store of Marietta. Field editor: Ruth Reiter



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Combined living and dining areas look better than ever with today's scaled-down furnishings. These pieces are designed with apartments and condominiums in mind, so they take the crunch out of tight space and give you dressy, uptown style. Mix and match small-scale furnishings to suit your personal tastes, and your home can be as attractive as this one.

The beauty of this room scheme *(right)* begins with a simple furniture arrangement. A contemporary, apartment-size sofa serves as the pivot point for the grouping. Opposite the sofa, two wicker armchairs provide comfortable, pillow-backed seating. A small chrome-and-glass table behind the sofa doubles as a desk and dining spot.

A mix of furnishings gives the space its unique personality. The two wicker armchairs, which are unexpected companions for the high-style sofa, add diversity to the room. Country French chairs and the modern table again show how complementary pieces from diverse backgrounds can be.



Small-scale furniture fulfills most day-to-day needs, even though it may not handle a crowd. A small table or desk serves as an intimate dining spot for two *(above)*; or, place the table perpendicular to the wall and seat four people around it. Nearby storage cabinets keep tableware handy.

Photographs: Hopkins Associates. Design: Darrell Schmitt, ASID. Field editor: Bonnie Maharam

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Open Up to Street-Side Sun

Houses that face due south are good candidates for a passive solar add-on, but setback restrictions often rule out an addition on the street side. One way to overcome this obstacle is to convert existing up-front space into a passive solar collector.





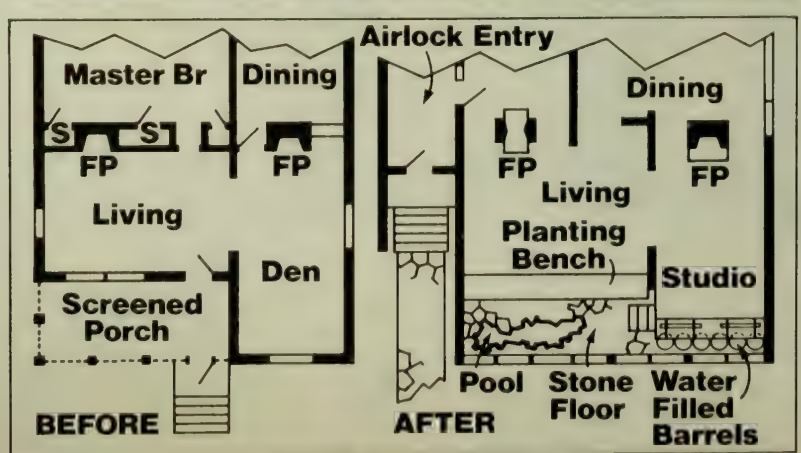
Direct and indirect gain

The double glazing that spans the front of this remodeled house *(right)* encloses what had been a screened porch and a den (see before and after plans). During cold weather, these areas function as a solar collector that delivers heat by direct gain and stores excess heat in three kinds of thermal mass: a stone floor, a reflecting pool, and an array of water-filled barrels. Eventually, the glazing will be fitted with thermal shutters to trap the collected heat after dark. During the summer, the sunspace is shaded by large trees and cooled by breezes entering through operable units in the glazing.

Other energy-saving changes

Other changes incorporated during the remodeling project reinforce the energy-saving features of the sunspace. The front entry, which was moved to the west side of the house, was reconstructed as an air lock and recessed behind a deep overhang and a sheltering wing wall. Also, several partitions on the main floor were removed to allow the solar warmth to circulate as freely as possible, and windows in the east and west walls were replaced with solid walls to minimize heat loss in winter and solar gain in summer.

The sunspace adjoins those areas of the house that get fullest use. These include a conversation area in the living room and an office/studio in the former den *(center)*. Boxed ceiling beams replace load-bearing walls and help define each area. Resawn pine paneling on the remaining walls complements the original hardwood flooring. The drafting table in the studio cantilevers over the water-filled barrels, which rest directly on the sunspace floor several steps down.



Photographs: E. Alan McGee. Architect: Kenneth Johnson
Field editor: Ruth Reiter. Illustration: Blaser Kimball

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Wall-to-Wall Flooring



For a small room with no windows, this kitchen is surprisingly bright and easy to work in. The key to the room's success is threefold: carefully planned lighting, strategically placed appliances, and a clever wall treatment that uses prefinished oak strips.

The kitchen and breakfast room combined measure a compact 11 by 15 feet, yet light colors and clean lines make the space seem quite large. Although there is no window in the kitchen area, the whole room gets plenty of light from fluorescent fixtures recessed behind the translucent panels in the dropped ceiling overhead.

The core of the kitchen is a small square, but its compact shape makes it an efficient space to work in. Everything lies within easy reach, yet the stove, sink, and refrigerator are separated by generous L-shaped expanses of counter. European-style cabinets give the room an orderly, streamlined look. The cabinets are surfaced with easy-clean plastic laminate and feature extruded steel pulls.



The backsplash and flooring are prefinished oak strips applied on the diagonal. The warmth and texture of the oak strips provide a pleasing contrast to the smooth surfaces and linear styling of the counters and cabinets.

Photographs: Hopkins Associates
Design: Cosgriff Construction Co., Iowa Custom Kitchens
Field editor: Maxine Schweiker

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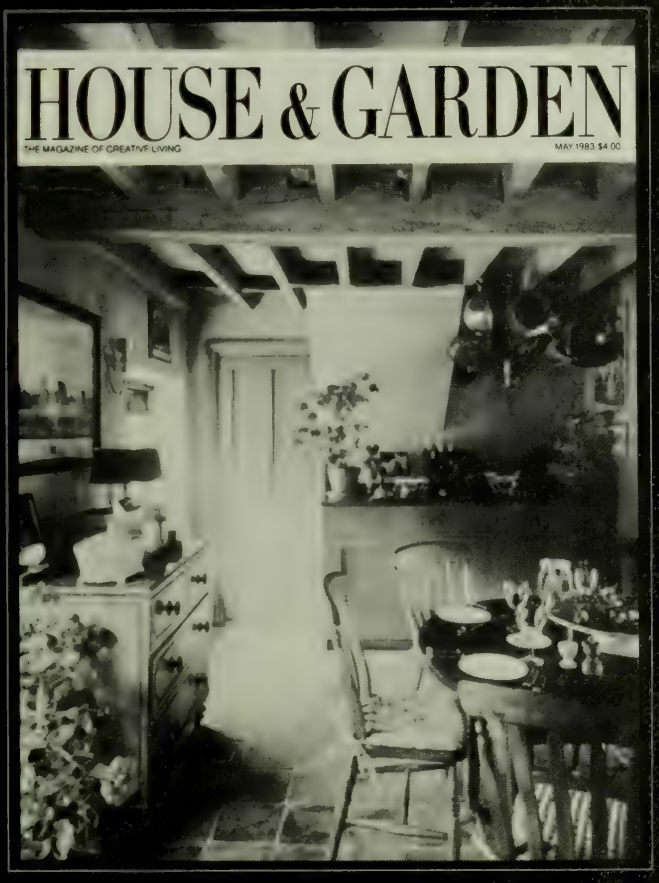


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An Airy Breakfast Nook Addition



Gathering round the table with family or friends is as important now as it was in Grandma's day, but today's homes often lack space for informal dining. If ample elbowroom at mealtimes is a problem at your house, consider adding a spacious breakfast nook to your kitchen or family room.

This cheery nook *(above)* occupies a large bay that was added to the outside corner of the kitchen. The bay's nearly circular shape literally wraps around the table, creating an airy pavilion that's roomy enough for small dinner parties and informal luncheons as well as family meals. Large windows on four sides offer panoramic views of the pool and the garden *(right)*.

Craftsmanlike detailing on the interior highlights the room's unusual shape. The ceiling is paneled with mitered oak strips stained to match the kitchen cabinets, and the floor is finished with oak parquet. Oak strips also form a wide border around the parquet. Tavern-style furnishings, crisp cafe curtains, and an antique-brass hurricane chandelier enhance the informal country theme of the decor.



Photographs: Jessie Walker. Architect: Steve Guerrant, Architectural Associates. Interior design: Roy Klipp, ASID

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FOOD

Classy Cheesecakes

Cheesecake based on cream cheese is a classic in its own right, but a good thing can be improved on. Try one or all of our three cheesecake variations and you'll see what we mean.



APPLE CHEESECAKE

1¼ cups graham cracker crumbs
5 tablespoons butter *or* margarine, melted
½ teaspoon ground cinnamon
1 8-ounce package cream cheese, softened
2 tablespoons lemon juice
1 cup milk
1 6-serving-size package *instant* vanilla pudding mix
1 21-ounce can apple pie filling

Combine crumbs, melted butter or margarine, and cinnamon; set aside *2 tablespoons*. Press the remaining

crumbs onto bottom and 1½ inches up the sides of an 8-inch springform pan. In a mixer bowl combine cream cheese and lemon juice; beat with electric mixer till fluffy. Add milk and pudding mix; beat till combined (mixture will be thick). Fold in the pie filling. Turn into prepared pan. Sprinkle reserved crumb mixture atop. Chill. Serves 12.

CHEESECAKE DIVINE

- **1 cup graham cracker crumbs**
- **3 tablespoons butter *or* margarine, melted**
- **1 17-ounce can unpeeled apricot halves**
- **2 8-ounce packages cream cheese, cut up and softened**
- **½ cup sugar**
- **2 tablespoons all-purpose flour**
- **½ teaspoon vanilla**
- **4 eggs**
- **2 tablespoons sugar**
- **1½ teaspoons cornstarch**
- **2 tablespoons orange liqueur *or* orange juice**

Combine the crumbs and melted butter or margarine. Pat onto bottom and 1½ inches up sides of an 8-inch springform pan. Bake in a 300° oven 15 minutes; cool. Drain apricots, reserving syrup. Remove *four* apricot halves and *⅓ cup* of the syrup; set aside. In blender container or food processor bowl place remaining apricots and syrup. Cover and blend till smooth. Add cream cheese, the ½ cup sugar, the flour, and vanilla. Blend till mixture is creamy. Add eggs all at once; blend just till mixed. Turn into crumb-lined pan. Bake in a 300° oven for 50 to 55 minutes or till center appears set. Remove from oven; cool on wire rack 15 minutes. Loosen sides of cheesecake from pan with a spatula. Cool 30 minutes more; remove sides of pan.

For glaze: In a small saucepan combine the 2 tablespoons sugar and the cornstarch. Stir in the reserved syrup. Cook and stir till bubbly. Cook and stir 2 minutes more. Remove from heat. Cut up the reserved apricots; stir into the thickened mixture along with liqueur. Cover surface with waxed paper; cool 15 minutes. Spread glaze atop. Chill. Makes 12 servings.

CANNOLI CHEESECAKE PIE

- **1 unbaked 9-inch piecrust**
- **1 15-ounce carton ricotta cheese**
- **3 egg yolks**
- **¾ cup milk**
- **½ cup sugar**
- **1 teaspoon vanilla**
- **1 teaspoon grated orange peel**
- **¼ teaspoon ground cinnamon**
- **½ cup semisweet chocolate pieces, finely chopped**
- **3 egg whites**

Line *unpricked* piecrust with double thickness of heavy-duty foil. Bake in a 450° oven 10 to 12 minutes. Remove from oven; reduce oven temperature to 350°. Combine cheese, yolks, milk, sugar, vanilla, peel, and cinnamon; beat till creamy. Stir in chocolate.

Wash beaters. Beat whites till stiff peaks form; fold into cheese mixture. Turn into baked shell. Bake in a 350° oven 40 to 45 minutes or till knife inserted near center comes out clean. Cool; chill. Top servings with whipped cream, chocolate curls, and shredded orange peel, if desired. Serves 8.

Photograph: Mike Dieter

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Build-It-Yourself Trestle Table

Only a lucky few now own authentic furniture pieces that were handcrafted by early American designers and cabinetmakers. Unless you've inherited a piece or two as family heirlooms, you're likely to see such furniture only in a museum. But if you're handy with tools, you can build your own handcrafted heirlooms. For starters, try this handsome, easy-to-build trestle table design.

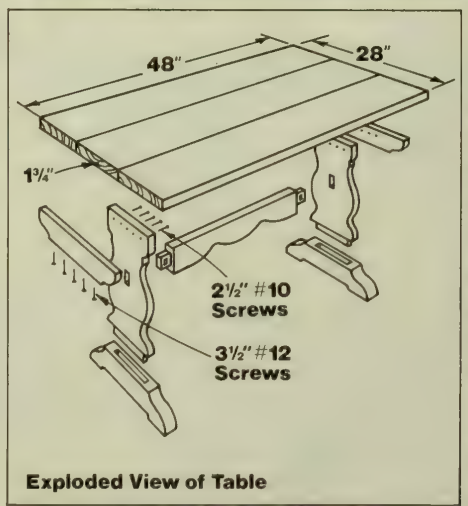
Like its early American counterpart, this table can be fashioned from stock lumber—mostly 2x6s and 2x10s. (Make allowances for trimming and squaring when you order stock materials.) For best results, choose furniture-grade, clear pine that will dress out to 1½ or 1¾ inches thick.

Construct the tabletop with three 48-inch 2x10s. To minimize warping, arrange the 2x10s so that the end grains alternate (note the end grains in the sketch, *below right),* then join the edges with glue and splines.

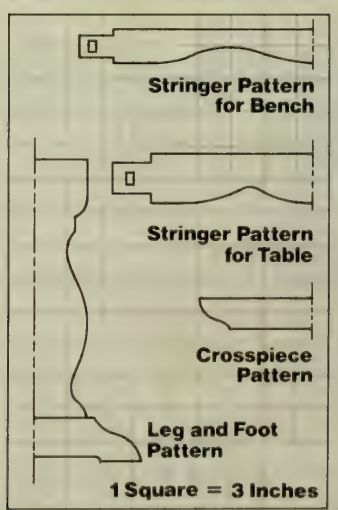
Cut each leg from a 2x10 and cut the crosspieces and stringer from 2x6s. Use 4x4s for the feet. To make a full-size pattern for each of these pieces, lay out a three-inch grid on large sheets of paper and fold the sheets in half, then transfer our two-dimensional drawings *(far right)* onto the grids.

Attach the legs and feet with doweling or mortise-and-tenon joints, and cut a pair of ¾ x1-inch wedges measuring 4 inches long for the tongues on the stringer. (The wedges have historical significance; originally, trestle tables were designed so they could be disassembled and stored between uses. This feature made trestle tables especially practical for early American living spaces, many of which were small by today's standards and served more than one purpose.) Slightly taper one side of each wedge so they'll fit snugly when driven into the holes in the tongues. Next, assemble the legs, crosspieces, and feet and join them with the stringer; then secure the crosspieces to the tabletop with glue and countersunk screws. Finally, tap the wedges into the holes in the stringer tongues to tighten the joints between the stringer and legs.





Exploded View of Table



Construct the two benches in similar fashion, but use 2x8s for the seats, 2x6s for the legs, and 2x4s for the stringers. Since the legs, feet, and crosspieces are exactly half as large as those on the table, the easiest way to make patterns for these pieces is to transfer the corresponding drawings onto a 1½-inch grid rather than a three-inch grid.

To highlight the beauty of the wood grain and enhance the handcrafted quality of your project, round off all the edges with a fine-toothed rasp and sand them smooth, then add an oil-rubbed finish. Or apply a stain/sealer plus several coats of paste wax.

Photograph: Mike Dieter. Design: LaMoine Parkhurst
Illustrations: Blaser Kimball



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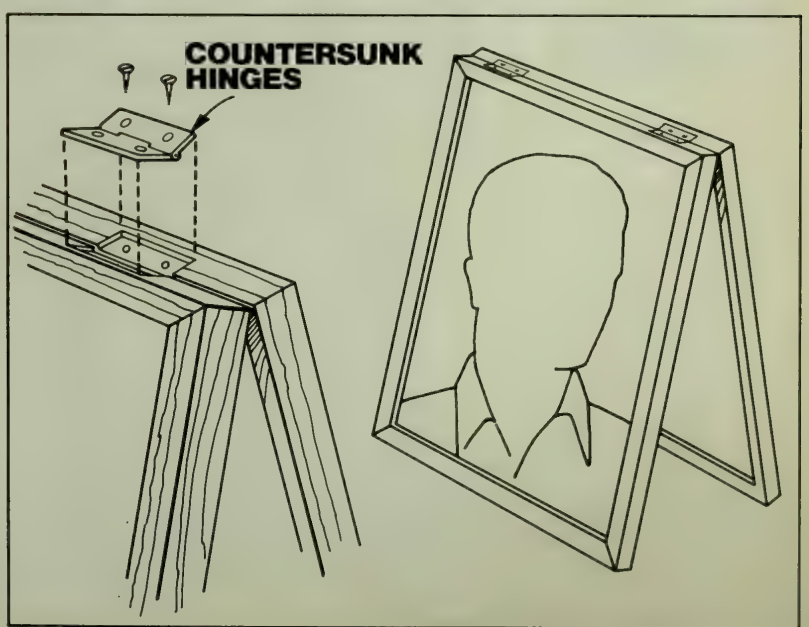
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DECORATING

A Two-Faced Frame



Here's a quick frame-up idea that moves from walls to tabletops instantly. You simply hinge together a pair of wood frames to create the handy dual-purpose display. To make the double-faced holder, you need two identical wood frames with flat backs, two small hinges, a small latch, a sharp knife, and a screwdriver.

Place the frames back to back and tape them together for easier handling. Position the hinges on top of the frames and mark their locations. Then, with a sharp knife, rout recesses for the hinges so they won't force the frames apart *(see illustration)*. Join the frames by screwing the hinges in place. Then attach a small latch to the bottom edges. (The latch will hold the frames together when they are hung on the wall.)

Finish the frame by inserting your photos or art and covering the frame backs with matching felt or paper. To wall-mount the frame, catch the ridge along the back of the frame on two evenly spaced nails. For tabletop use, simply unlatch the two-faced frame and adjust the two sides.

Design: Margaret Roman. Drawings: Blaser Kimball

TLC for Wood Floors

Keeping your wood floors looking new requires surprisingly little time and effort. A regimen of simple maintenance and periodic inspection is usually all it takes to prevent dirt, built-up wax, and normal wear and tear from taking their toll.

Vacuuming and mopping

Dirt and grit can scratch the finish and damage the surface of the wood. To avoid sanding and refinishing, vacuum and dry mop your floor at least once a week. Vacuuming sucks up grit from cracks and joints in the floor, and mopping removes surface dirt and helps to restore the gloss. Avoid cleaning your floor with water; unlike some wood surfaces, hardwood floors are subject to water damage.

Buffing and waxing

Another way to protect the floor from grit (and also water damage) is to maintain a good coating of wax. Floors that get heavy use should receive a general cleaning and wax touch-up every six months or so. To do both chores at once, choose a combination cleaner/wax—one that contains no water. Paste wax protects well but can gradually build up. Whichever kind of wax you use, apply two or three light coats rather than one heavy coat.

Removing old wax

If a great deal of wax has built up, you may need to clean the floor by stripping it down to the finish and rewaxing. To strip away a heavy layer of old wax, you'll need to dissolve it with mineral spirits. Experiment with a small, inconspicuous spot, using steel wool to apply and rub in the mineral spirits. If a lot of old wax comes off, the whole floor may need to be stripped. Spread the mineral spirits on the floor with fine steel wool or rags. Loosen the old wax with steel wool, then remove the solvent and wax with rags before applying new wax. (Provide adequate ventilation; such solvents can be highly flammable.) Finally, apply new wax.

Removing stains

To remove stubborn blemishes like water spots and heel marks, rub the blemish with fine steel wool and a good floor cleaner. If necessary, sand water spots with fine sandpaper, then use more steel wool dampened with mineral spirits or a solvent-base floor cleaner. Allow the floor to dry, then reapply finishing material and wax.

To remove dark stains, again rub with steel wool and mineral spirits. Then rinse the area with vinegar. If the stain is still visible, try sandpaper, making sure to feather out from the stain slightly so that the new finish will blend in with the old. If this still doesn't work, try one or two applications of oxalic acid, a bleach. Follow the directions for mixing this bleach, and wear rubber gloves when applying it. Burns that do not penetrate too far into the wood can be sanded out with steel wool dampened with soap and water.

Applying a new finish

Before refinishing sanded spots on an already-finished floor, be sure to remove all wax from the surrounding area. Then use steel wool to both smooth out the sanded area and rough up the surrounding finish material so that the new finish will adhere.

There are two types of finishing materials in use today: surface and penetrating. Surface finishes coat the surface of the wood, whereas penetrating finishes soak into the wood fibers, giving the floor an uncoated look. Both types protect the surface of the wood, but a penetrating finish also strengthens it by seeping into the wood fibers before hardening. (Be careful not to apply a penetrating finish to a floor that was originally finished with varnish or polyurethane.) Brush on a coat of the appropriate finish material and allow it to dry. Apply a second coat if necessary, allow it to dry thoroughly, and then apply a coat of wax.

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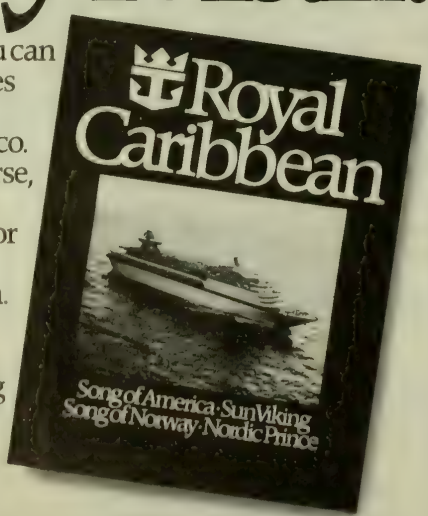
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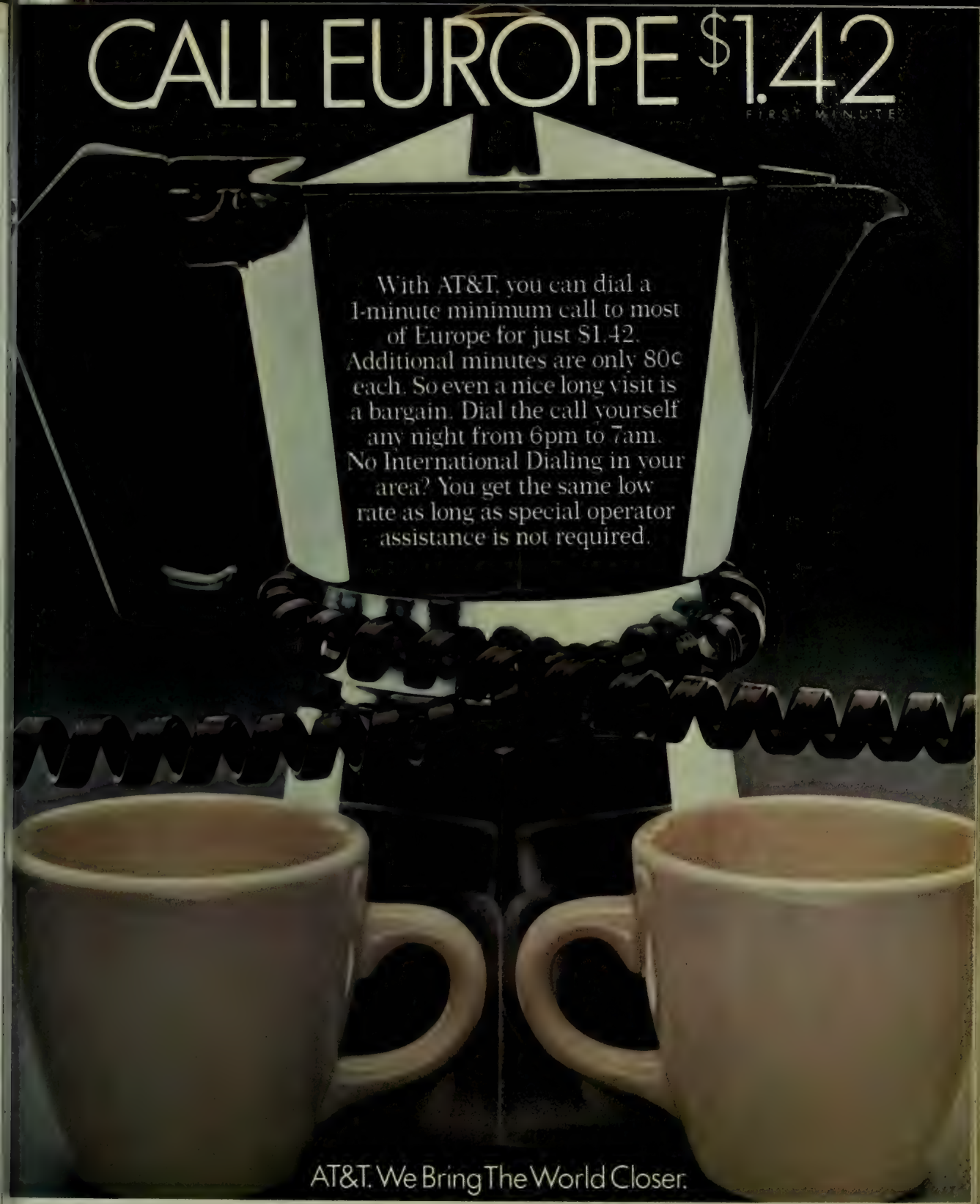
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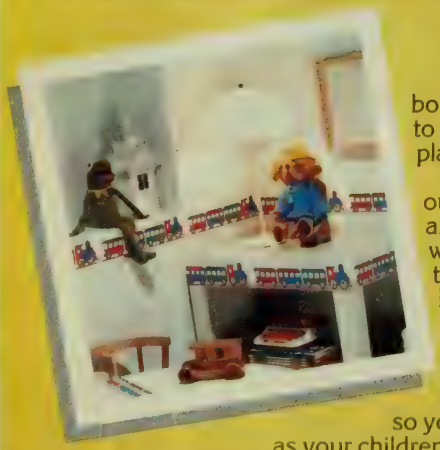
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FOOD

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Garlic Butter, Garlic Croutons, and Creamy Garlic Salad Dressing are just three uses for this versatile puree. In fact, you can substitute the puree in almost any recipe calling for garlic. Use ½ to 1 teaspoon of Garlic Puree to replace one clove of minced garlic.

GARLIC PUREE

8 garlic bulbs

1 tablespoon olive *or* cooking oil

Put garlic bulbs in steamer basket. Place over boiling water in saucepan. Cover; steam 30 minutes. Separate and peel cloves. Using a mortar and pestle, crush the cloves, half at a time. Stir together crushed garlic and oil. Store, in a covered jar up to two months, in the refrigerator. Makes ½ cup.

Garlic Butter: Beat together ½ cup softened *butter* or *margarine* and 1 teaspoon *Garlic Puree.* Use as a topping for hot cooked vegetables such as potatoes, beans, and zucchini. Makes ½ cup.

Garlic Croutons: Gradually blend 3 tablespoons *cooking oil* and ½ to ¾ teaspoon *Garlic Puree* into ¼ cup softened *butter* or *margarine.* Spread mixture on both sides of eight ½-inch-thick slices of *French bread.* Cut bread into ½-inch cubes. Spread cubes in a 15x10x1-inch baking pan. Bake in a 300° oven for 20 to 25 minutes or till crisp. Store in a tightly covered container in the refrigerator. Makes 1½ cups croutons.

Creamy Garlic Salad Dressing: Stir together ½ cup *dairy sour cream,* ½ cup *mayonnaise* or *salad dressing,* 2 tablespoons *milk,* 1 tablespoon grated *Parmesan cheese,* 1 teaspoon *Garlic Puree,* and ¼ teaspoon *paprika.* Cover; chill for up to one week. Makes 1⅓ cups.

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Better Homes and Gardens BOOKS

Improvements That Pay Off

Any home improvement is worth the cost if it's what your family wants. But if it isn't what another family wants, you probably won't recoup your investment when and if you sell your home. Here's a rundown of the home improvements that generally pay off when you sell.

To a great extent, the value of your house is determined by the average value of the other houses in the neighborhood. If your home is worth more than the average, you'd be well advised not to spend a substantial amount upgrading it unless you're sure you'll never sell. Conversely, improvements you make to a less expensive house usually are profitable, especially if the changes are in the Big Four.

The Big Four

Home improvements that pay off the best are the kitchen, bathroom, bedroom, and family room. Remodeling or adding one of these rooms probably will return at least 50 percent, perhaps up to 75 percent, of your initial investment. Of the Big Four, a complete kitchen remodeling probably will run up the highest bill. But if you spend more than 10 percent of the value of your house, don't expect a commensurate jump in resale value. Remodeling the family bath or adding a second bath will almost always be a good investment; so will adding a third bedroom or family room.

Keep in mind, however, that a prospective buyer probably won't care whether certain improvements are recent. A three-bedroom home is a three-bedroom home; if you price yours much higher than others in the neighborhood because you're trying to recover the cost of an expensive bedroom addition, buyers are likely to walk right past.

Traditionally, central air conditioning and fireplaces pay back even in areas where their actual need isn't great. Figure a 50 to 75 percent return for air conditioning, and roughly half that for a fireplace, unless you've invested only a few hundred dollars in a freestanding model. Large stone fireplaces seldom come close to recouping their cost, though they may make a home easier to sell. Two-car garages also make a home easier to sell, though they may not boost value appreciably in climates where you can get by with a carport.

The resale value of other energy-related improvements, such as insulation, storm windows, and solar modifications, will continue to do better as energy costs rise and consumers become more energy conscious. Proportion is important, however. Don't expect to recoup the full value of a complex, expensive solar device if it's added to a modest home.

Risky choices

Least likely to produce a reasonable return for the money are such frills as swimming pools, tennis courts, hot tubs, elaborate outdoor living areas, or extensive landscaping. These improvements generally pay back only about 25 percent in resale, unless your house is in an area where such amenities are expected.

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BUILDING

Ready-Built Kitchen Islands

Some kitchen islands are custom designed to match storage units along the walls. Others are stock items purchased from a supplier. If you're planning to redo your kitchen, consider the advantages of installing a ready-built island unit.

The most obvious benefits, of course, are cost and ease of installation; it's much cheaper to buy stock units than to hire a cabinetmaker to build something from scratch, and you may be able to install the unit yourself. If you shop around, you'll still have a wide range of models to choose from; ready-built island units come in a variety of shapes, sizes, and finish materials. Also, you needn't try to match your other cabinets exactly. In this kitchen





(above) the storage units along the wall are natural oak with laminate countertops, while the island is a textured laminate base topped with butcher block. The island's contrasting shape helps justify a different combination of finish materials.

Some manufacturers of kitchen cabinets offer stock island units that are sold as separate products in their cabinet lines. Other ready-to-install islands are available from mail-order houses that specialize in kitchen accessories. To determine what types are available in your area, consult a remodeling contractor or check the listings in your Yellow Pages under Kitchen Cabinets and Equipment—Household.

Photographs: Hopkins Associates. Design: NDS Company
Field editor: Maxine Schweiker

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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

WHAT'S HAPPENING
Page 15: Leather chair—Carter Industries, P.O. Box 1869 Salisbury, NC 28144.
GARDENER'S LOG
Page 38: Cane and bush fruits—Kelly Bros. Nurseries, Inc., Dansville, NY 14437; Miller Nursenes, West Lake Rd., Canandaigua, NY 14424; Stark Bros. Nurseries, Louisiana, MO 63353.
THE AFFORDABLE HOUSE
Page 40 (bottom): Range—Magic Chef, Inc., 740 King Edward Ave. SE., Cleveland, TN 37311. Dishwasher, refrigerator—Frigidaire, Div. of White Consolidated, Ind., 3555 S. Kettering Blvd., P.O. Box W.C. 4900, Dayton, OH 45449. Cross-stitch piece—The Counted Cross Stitch, Carr Mill Shopping Village, Carrboro, NC 27510.
Page 41 (top): Coffee table—Mike Barth, 511 N. Greensboro St., Carrboro, NC 27510. Draperies—Yvonne's Draperys, 128 Hillsboro St., Pittsboro, NC 27312. Fabric on chair, sofas—Cohama Riverdale, 200 Madison Ave., New York, NY 10016. Pottery—Pringle Pottery, Rt. 4, Box 99A, Pittsboro, NC 27312. (Bottom): Bedspread, pillows—Yvonne's Draperys (address above). Pottery jug—Pringle Pottery (address above). Cross-stitch piece—The Counted Cross Stitch (address above).
Page 43 (top): Secretary and huntboard "Replicas 1800"—Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, NC 27360. Twig chair—Mike Barth (address above). Vases on mantel—Pringle Pottery (address above). Green goose on huntboard—The Secret Garden, 509 Trent's Ferry Road, Lynchburg, VA 24503. Wooden geese, hand-painted tubs, carved wooden basket and pineapple on wall, other baskets—The Market at Fearrington, Pittsboro, NC 27312. Painting—Vic Huggins, Blacksburg, VA 24060. Fabric on sofa, chairs—Cohama Riverdale (address above). (Center): Plate rack, hall table—Thomasville Furniture (address above). (Bottom): Range—Magic Chef (address above). Dishwasher, refrigerator—Frigidaire (address above). Paintings—Sommerhill Gallery, 5504 Chapel Hill Blvd., Strawvalley, Durham, NC 27707. Baskets, chickens on pot rack, bookcase accessories—The Market at Fearrington (address above).
Page 44 (top): Lamp, wooden animals, gardener's chair, hearth wreath, baskets—The Market at Fearrington (address above). Painting—Stephen White, Pittsboro, NC 27312. Ceramic wall piece—Mary Lou Higgins, Fearrington P.O. Box 166, Pittsboro, NC 27312. Fabric on chair—Cohama Riverdale (address above). (Bottom): Bedspread, pillow—Yvonne's Draperys (address above). Pottery—Pringle (address above). Fabric on table—Cohama Riverdale (address above). Sheets, curtains—Martex, Div. of Pepperell, 1221 Ave. of the Americas, New York, NY 10020.
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Pages 80-81: Embroidery floss—DMC (address above). Yarn for sweater—Paternayan Yarns, Johnson Creative Arts, 445 Main St., West Townsend, MA 01474. Sweater—San Francisco, 975 Lexington Ave., New York, NY 10021. Even-weave fabrics—Art Needlework Treasure Trove (address above). Creamer and sugar "Basket," cake plate "Naif"—Villeroy and Boch (address above). Teapot on windowsill "Petit Point" Royal Doulton—Doulton and Co., 700 Cottontail Ln., P.O. Box 1815, Somerset, NJ 08873. Braided rug—The Gazebo, 660 Madison Ave., New York, NY 10021. Geese, rabbit on table—Bing and Grondahl (address above). Fruit platter—Mikasa (address above)
Pages 82-83: Embroidery floss—DMC (address above). Even-weave fabrics—Art Needlework Treasure Trove (address above). Woman's apron—Paper White, Ltd., P.O. Box 956, Fairfax, CA 94930. Woman's brooch "Autumn"—Lenox China, Inc., Pomona, NJ 08240. Blue glasses on windowsill "Blue Tulip"—Libbey Glass, 1 SeaGate, Toledo, OH 43666. Pink glasses on windowsill "Captiva"—Fostoria, 1200 First St., Moundsville, WV 26041. Teapot "Petit Point"—Royal Doulton (address above). Blue fabric on wicker chair seat—Maya Romanoff Textiles, 4722 N. Malden, Chicago, IL 60640. Floral sheet and pillowcase "Rosebud"—Laura Ashley, 714 Madison Ave., New York, NY 10021.
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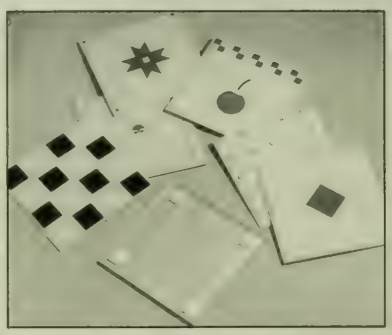
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TOUGH DOOR

This fiberglass entry door marries the beauty of wood doors with the ruggedness and energy-trapping qualities of doors of insulated steel. The Fiber Classic door by Therma-Tru is made of a sandwich of two fiberglass faces and a polyurethane core. The molded faces have the exact random grain patterns of a real oak door. Spread any wood stain on the unfinished door, and the molded-in grain looks like wood. Seal with clear finish or paint the door and the Fiber Classic will resist the warping or cracking common to wood doors. The Fiber Classic insulates three times more effectively than ordinary wood doors. The door can be trimmed and planed like a wood door.

Fiber Classic Door, about $400 and up. Therma-Tru, P.O. Box 7404, Toledo, OH 43615.



METAL TILES

Heller Tiles give walls the look of ceramic tile for less money and with easier installation. The 4¼-inch aluminum squares have a rugged baked enamel finish in 36 different patterns and colors. Simply press tiles into place with four tabs of double-faced adhesive. (Shower walls must be sealed first.) The adhesive holds tightly, even when exposed to heat and grease. No grout is necessary and the unbreakable tiles can be cut with household scissors.

Heller Self-Stick Wall Tiles, about $6 per package of 12. Heller Designs, Inc., 41 Madison Ave., New York, NY 10010.



SWIVEL HINGE

At last, a piece of hardware that eliminates the bulky, unsightly nuts and bolts usually associated with handmade folding furniture. The Roto-Hinge™ fastener leaves no hardware showing to detract from the design of handcrafted pieces.

The double-zinc-plated steel tubular rivets and washers are rust and corrosion resistant for long lasting durability. Because the hardware is inside the finished product, outdoor pieces last longer and look better.

Just drill a hole in each of the two pieces of wood to be joined. Spread glue in both holes. Then tap the hinge in place using a rubber mallet.

Roto-Hinge, about 50 cents each, Abra Inc., P.O. Box 1086, Bloomington, IN 47401.



VAPOR HEATER

The Blue Heater is a vaporization-type kerosene heater; nearly all others are wick type. Only 40 seconds after pushing the on-off button, the heater begins operating at full strength, using a combination of fan-forced warm air and radiant heat. The vaporization process turns the liquid kerosene into a gas that mixes with air in the burner. Efficiency is more than 95 percent. This model will operate thermostatically up to 20 thousand Btus, enough to heat several rooms. Electronic controls shut off the heater if it's jostled, overheated, or out of fuel; also, if a power failure shuts off the circulating fan, if room oxygen is depleted, or if the unit is improperly ignited.

Blue Heater, about $350. Hamai USA, 10 W. Forest Ave., Englewood, NJ 07631.

continued

Are any of your relatives diabetic?

There's a chance you are, too!

If anyone in your family has a history of diabetes—even a distant relative—treat it as a symptom! It should prompt you to have regular checkups because you are at greater risk of having the disease. Especially if you are overweight and over 40.

What is diabetes?
Diabetes is a disorder in which the body cannot control the levels of sugar in the blood. Normally the hormone, insulin, regulates the blood sugar level. But if your body does not produce or effectively use its insulin, diabetes results. Diabetes can threaten heart, vision, brain, kidneys and life itself.

What can be done about diabetes?
Often people don't realize that most diabetes can be easily managed by simple programs that bring blood sugar under control. Many diabetics need only weight reduction, the right foods and moderate exercise. And, if these changes are not enough, a simple oral medication is all that may be needed. Today, even those who need insulin can be better and more comfortably managed by their doctors than ever before.

Who has diabetes?
You'd be surprised at how many of your friends and fellow workers are diabetic yet lead full lives with no outward signs of illness. Even many famous athletes and celebrities have diabetes. With current therapy diabetics can usually lead a normal life with simple and sensible medical programs.

What are the symptoms of diabetes?
Warning signs are either absent or very subtle. You may drink more water than normal or urinate more frequently. There may be slower healing of bruises, cuts and infections, or you may experience more fatigue and feel "not quite right."

How will you know if you have diabetes?
You won't. Your doctor will. And again, if there is diabetes in your family—including cousins, aunts, uncles, brothers and sisters and especially a parent—then you should have regular blood and urine checks by your doctor. It is a relatively simple diagnosis.

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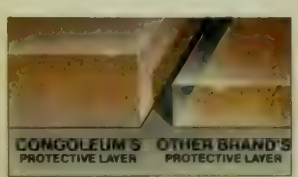
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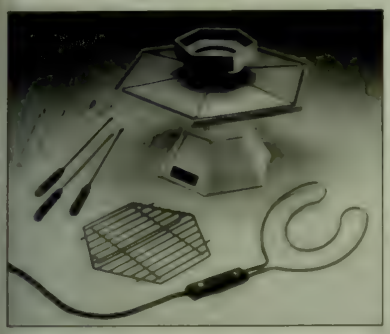
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Ichi Cooking Kit, about $169. Ichi Corporation, 11535 Sorrento Valley Rd., Suite 405, San Diego, CA 92121.

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CedarStow, from about $89. Jokavi, 4715 McEwen Rd., Dallas, TX 75234.

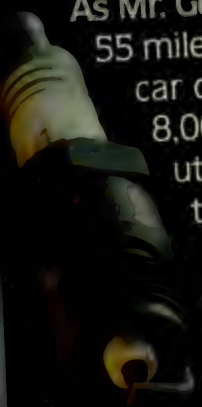
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What to Do if Your Car Is Askew

Although bumpy winter roads can take a heavy toll on your car's alignment, it's a problem to watch out for year around. Misalignment can damage the tires, cause the car to wander across the road, or, worse still, impair steering. Here's how to detect and correct the affliction.



What causes misalignment of your car's wheels?

Sheer impact is one of the most common causes: hitting a pothole or curb, dropping a wheel on a soft shoulder, or bumping along too fast on washboard ridges.

Most impacts are unavoidable, but at least one kind—hitting potholes—can be made less destructive if you remember that braking when a car hits the hole will make the impact greater. As a result, step on your brakes when you spot potholes ahead that you can't steer around, then let off of the brakes before the car hits the hole.

Even when you haven't hit anything, wheels can slip out of alignment over a period of time because simple wear may loosen or grind away spots on front-suspension parts and throw the wheels out of kilter. Your owner's manual probably won't tell you when to suspect problems from wear; there are too many variables. However, manuals for either front- or rear-wheel-drive cars should recommend periodic checks of the front tires for signs of abnormal wear, a good indicator of misalignment.

Clues from your tires

First examine the tread to see if tire inflation is the problem, rather than misalignment. An even band of wear around the center of the tread probably indicates overly inflated tires. Underinflation may be the cause when even bands of wear run around both edges of the tread.

On the other hand, misalignment probably is the culprit if your tires show isolated wear or scuff marks on only one or two small spots on the tread. Also look for misalignment when wear marks are feathered or layered around the tread.

Other trouble signs

Suspect misalignment if your car tends to pull or drift to one side, the manual steering becomes stiffer, or the position of the steering wheel changes (look at the lineup of the spokes or crossbar on the steering wheel when the tires are pointing straight forward). However, don't rush to get the car aligned until you or a mechanic check out these other possible causes: an improperly inflated tire, loose lug nuts, a malfunctioning brake, sagging springs, or worn-out rubber bushings on tie rods or control arms. Also make sure that you aren't carrying a heavy load in one of the car's rear corners.

Misalignment is not indicated if there's a steady or recurring vibration that causes the car, and especially the steering wheel, to shake. In most cases the vibration stems from wheel imbalance or other wheel problems that are not associated with alignment.

Similarly, a car that bounces when you speed up or slow down probably has worn shock absorbers, not an alignment problem.

What does an alignment job involve?

Sometimes all that's needed is a front-end adjustment, a task that averages from $20 to $40 in cost. If the suspension or steering components need replacing, the bill can shoot up to $100 to $200 or more.

To align a car with conventional shock absorbers, the mechanic checks and adjusts three specifications: toe, camber, and caster.

Faulty toe adjustments are the most frequent cause of tire wear. Toe refers to the difference in the distance between the front and rear edges of the front tires. You might think that the tires point straight ahead, but actually the front tires on rear-wheel-drive cars normally are turned slightly inward, or toed-in, when the car is at rest. The front wheels straighten when the car

continued

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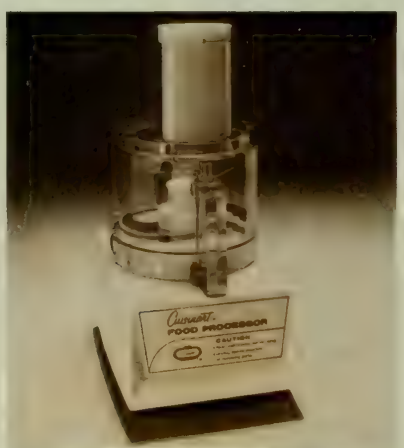
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continued

Car askew

moves. With front-wheel-drive vehicles, on the other hand, the front wheels normally toe out slightly once the car is not in motion.

Camber is the angle of the wheel when you view it from the front of the automobile. If the top of the wheel tips inward, then the camber is negative. If the top tips outward, camber is positive. Most cars require a very slight amount of positive or negative camber for proper alignment, too slight to be detected by just looking at the wheels.

Caster refers to the forward or rearward tilt of the top of a front wheel's spindle when you look at the wheel from the side of the car. The caster is negative when the tilt is forward, positive when it's rearward.

With both camber and caster, manufacturers specify differing amounts of positive or negative degrees for proper alignment.

What about cars that have MacPherson struts?

Some late-model front-wheel-drive cars are equipped with MacPherson struts, which are single components designed to do the job of conventional shock absorbers and their support members. These cars require only a toe adjustment or a toe and a camber or caster adjustment, not all three.

MacPherson struts help keep the front end of the car in alignment during normal driving. They usually are built to last the life of the car, but a hard jolt still can throw the car out of alignment and sometimes damage a strut beyond repair. And, according to the Motor Crash Estimating Guide, a new strut can cost from $60 to $160 on most cars and will require about one hour's labor to install. Compare that to about $17, plus labor, for a conventional shock absorber.

Picking a repair shop

The most common sources of alignment service are auto dealers, tire shops, and mass-merchandiser auto service departments. But if your car needs more than a simple adjustment, it's best to take it to a dealer. The dealer's mechanics generally have had the most experience with your model and the best access to parts. However, you can expect to pay more for this specialized service.

Can you get a warranty for alignment work?

Very few shops offer an extended warranty on alignment jobs because they know you could be back the first time you hit another pothole. Consequently, when you get your car back from an alignment job, check the vehicle carefully to be sure the problems are fixed. If not, take it back immediately, armed with a description of the problem that still exists.

Generally, wheel alignment is not covered under a new-car warranty; when it is, the warranty period is short. When a covered steering or suspension component fails during the warranty period, you can expect the dealer to align the car as part of the repair job. If the car seems out of alignment when you pick it up, return it to the dealer as soon as possible.



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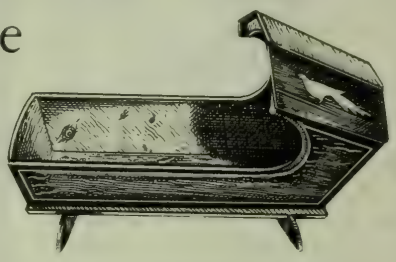
Come home to quality. Come home to Andersen.

Andersen Windowalls

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Antiques & Collectibles

Painted Furniture



Painted country furniture, commonly used among our forefathers, is popular again today. The bright colors and charming folksy quality of these pieces make them especially suitable for country-style or casual schemes. Painted furniture is more affordable, in most cases, than the elaborate mahogany, walnut, and rosewood pieces of the same vintage.

Early American furniture was painted for two basic reasons: to brighten the often somber homes and to disguise the fact that a piece was made from two or three different types of wood. Chairs, for example, might have pine seats and maple or hickory legs and backs. Paint provided a good cover-up of the varied color and grains of the unlike woods.

The average rural home had a limited number of major furnishings, but paint was used to dress up almost any type. Pieces that often were painted include chairs, tables, chests, beds, cup boards, cradles, desks, and country couches and settees.



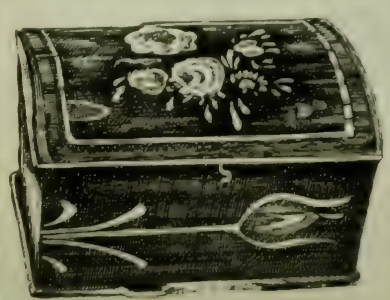
Most examples display a single, solid color. Many contemporary collectors prefer a deep red, often termed Shaker red, and a lovely, medium blue, called Amish blue. Other shades, like green, gray, brown, tan, and white, are commonly found, too.

More sophisticated painters decorated their pieces in several colors. Two popular techniques were graining and sponging. Graining imitated a wood grain, usually that of a more costly timber than the cabinetmaker or his client could afford. Black designs on a red background, for example, often resembled mahogany or rosewood, and brown on a light tan ground simulated oak. The wood painted usually was inexpensive pine or poplar.

Sponging typically was practiced by less skilled or more fanciful furniture makers. They simply daubed paint (often with sponges) in one or more colors on a contrasting solid background. Circles, squares, or free-form designs were combined in various ways to create primitive, colorful patterns.

You'll also find furniture that is decorated with freehand or stenciled birds, flowers, and houses set against solid grounds. Furniture with this type of decoration represents the rarest and sometimes most expensive of all painted examples.

Most painted furniture originated from New England west to Ohio and south to Virginia between 1790 and 1870. Prices vary greatly depending on the beauty and rarity of an individual piece. Small chairs and chests that are inornately decorated may cost only $50 to $100; but an elaborately painted cupboard or a rare miniature may bring thousands of dollars on the auction block.



Collectors should strictly avoid repainted pieces that are offered as old. Look for wear around the base, edges, knobs, drawers, and other points of contact and for weblike cracks in the paint. You should be wary of claims of great age for pieces without these telltale signs. Once you have seen a few old painted pieces, you will not easily be misled by imitations.

—With William C. Ketchum, Jr.

Illustrations: Roger Leyonmark



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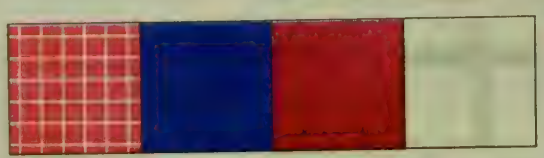
DOW BATHROOM CLEANER. LET US DO YOUR DIRTY WORK.

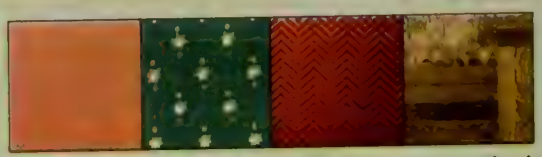
Whirlpool announces exciting new appliance colors!



Platinum

Toast





It's happened again! Whirlpool has taken a giant step ahead of the rest. This time, by offering you two exciting new appliance colors: Platinum and Toast. The decorator samples above illustrate the beautiful versatility of Platinum and Toast and show how each new color is designed to make itself at home in any home. We're happy to announce that appliances with the elegant look of Platinum and the warm look of Toast are now available to enhance your home. And proud to remind you that the beauty of every Whirlpool appliance goes well below the surface. Down to good, honest quality that promises to give you your money's worth.

Whirlpool
Home Appliances

Making your world a little easier.



The Pleasures of CROSS-STITCH

By Nancy Lindemeyer,
Ann Levine,
and Laura Holtorf

Exquisite embroidery is a breeze, even for beginners, when you use quick-and-easy cross-stitches to make pretty table linens and accessories like these *(left)*. This sampling of beautiful handmades will dress up your home and show off your stitching virtuosity. All of these projects (place mat, napkin, chair seat, and comfy at-home dress) are worked in one basic stitch—the counted cross-stitch, a remarkably versatile addition to your embroidery repertoire.

Work charming garden-fresh rose designs like these in sparkling colors and vary the basic pattern to suit individual projects. For more ideas, please turn the page.

Instructions begin on page 120. For buying information, see page 65.

To order patterns and kits for some of the projects shown here, see page 154.

Photographs: Scott Little
Cross-stitch designs: Laura Holtorf
Interior design: Nancy Lindemeyer

CROSS-STITCH

Even novice embroiderers get show-off results like these with easy-sew cross-stitches. Simply round up your sewing supplies, practice a few stitches, and you're ready to start. The everyday makings are easy to come by; just use findings from your yarn and fabric scrap bags.

Cross-stitch this delicate bouquet *(top right)* in rich wool yarns to embellish a plain knitted sweater. A decorative throw rug *(right)* is adorned with the same floral design, cross-stitched on 7-count canvas using strips of fabrics.

Cross-stitched linens and matching accessories bring springtime freshness to this table *(opposite)*. One simple stitch yields the charming wreath of roses design. Use variegated thread for a rainbowlike effect on the place mats and napkins. Then mix and match the design elements to suit a variety of projects, like the jewel-tone chair seat *(opposite)*.

Instructions begin on page 120.

To order patterns and kits for some of the projects shown here, see page 154.







CROSS-STITCH

This delightful baby bib *(right)* is a perfect project for the beginning embroiderer and takes just hours to stitch. Once you've worked our simple design, you'll be ready to use an entire alphabet in dozens of imaginative ways.

Stitching a winsome teddy bear *(bottom, near right)* is child's play, especially when you use even-weave fabric and pearl cotton floss.

A lacy cross-stitch pillow *(bottom, far right)*, featuring a common samplerlike saying for its basic design, is just the right way to express warm sentiments. It's a lovely gift for a best friend or close relative.

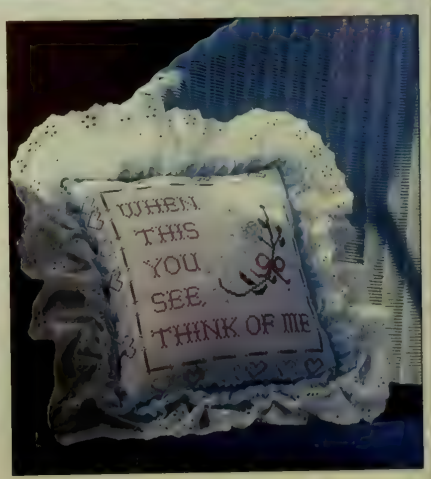
Cross-stitched borders on pillowcases, sheets, or a monogrammed pillow add an elegant, heirloom quality to bedroom linens *(opposite)*. Use this one-stitch technique to trim plain linens with beautiful old-fashioned borders. Or, try using perforated paper and embroidery floss to stitch an extra-special note card *(opposite)*.

Instructions begin on page 120.

To order patterns and kits for some of the projects shown here, see page 154.





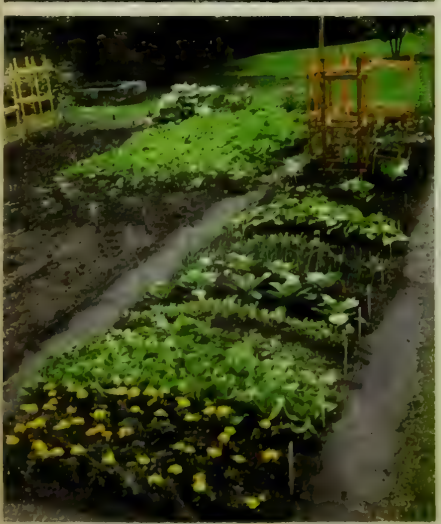




RAISED BED GARDENING







BY DOUGLAS A. JIMERSON
AND JANE AUSTIN MILLER

Gardeners everywhere are turning to raised-bed gardens. Why the switch? A raised-bed garden allows you to produce top-quality harvests in less space and with less work than a traditional flat garden. Raised gardens work because your crops are growing in an ideal medium: a loose, deeply spaded, fertile soil.

Raised-bed gardens also are permanent. Because you never step on the beds and compact the soil, you eliminate the yearly redigging and tilling that flat gardens require. And, because raised beds dry out faster in the spring, you can plant your cool-weather crops like lettuce and spinach extra early.

To show you how easy and productive a raised-bed garden can be, we decided to cultivate one of our own. For convenience, we placed our raised bed along one edge of a conventional vegetable garden. A garden of this size also will fit along a fence, pathway, or driveway.

Because we prepared only one bed, we didn't plant space-demanding crops like corn, potatoes, pumpkins, or long, trailing squash varieties. If you dig more than one bed, you can add these crops to your plan. We've used every trick in the book—space-saving techniques, second croppings, interplanting, and staking—to triple our garden's output.

MAY 16

Weeks of heavy rains and cool weather delayed our garden's starting date last spring. But as soon as the soil was dry, we marked off a 4x20-foot area for the raised bed. This width makes planting, weeding, and harvesting accessible from the paths on both sides of the bed. The one-foot-wide perimeter path also keeps out creeping weeds and grass.

To prepare our raised bed, we started at one end of the garden and dug a 2x4-foot section at a time *(top left)*. First, the top eight inches of soil was removed and placed in bushel baskets. When one section was dug, we spaded the subsoil to eight inches deep. Next, the removed topsoil was put back into the original area to form a mound. This technique was repeated for the entire bed. When we completed the digging, we raked the mound of soil to make it smooth, leveled the top, and tapered the sides.

MAY 25

Rain postponed planting. In the meantime, we designed our garden and bought seeds and transplants (see plan and plant list, *page 87*). Marigold and lettuce seeds were started indoors early when we realized we would get a late start in the garden. As soon as the raised bed dried out, cool-weather crops like lettuce, carrots, radishes, beets, cabbage, onions, and Swiss chard were planted in a block at one end *(middle left)*. This allowed us to harvest a large area at the same time later in the summer and replant other crops for a second, fall harvest.

Because roots grow straight down in a double-dug bed (instead of horizontally as in flat beds), we planted our crops closer together than normally recommended. Crops that we started from seeds, including carrots, radishes, beets, Swiss chard, and bush beans, were planted in wide bands instead of single rows. Seeds were spaced about three times closer than what seed package instructions advise. Beet seeds, for example, were broadcasted evenly in a band six inches wide. To get two crops from the same area, we interplanted carrots and radishes. By the time the radishes were harvested, the carrots needed the extra space to grow.

Crops started from transplants, including cabbages, onions, peppers, eggplants, Bibb lettuce, and tomatoes also were planted closer together than they would be in a flat garden. For example, Bibb lettuce plants were spaced three inches apart. To make maximum use of space, we alternated plants in each row with those in adjoining rows (see plan, *page 87*). Basil and cabbage plants were tucked in otherwise wasted spots around the tomatoes. Although closely spaced



To take advantage of vertical space for vine crops, we constructed this six-foot-high fence. Two layers of a grow net were nailed between the posts to support cucumbers on one side and lima beans on the other.



Wooden tomato cages were just one space-saving technique we used to make the most efficient use of the 4x20-foot raised bed. Easily assembled and disassembled, the cages can be stored and used again.

Photographs: Opposite top, George Ceolla; others, Hopkins Associates





RAISED BED GARDENING





plants produced less individually, the total harvest was greater than it would have been from the same area planted in single rows spaced farther apart.

JUNE 17

While showers in early June kept our garden moist for seed germination *(page 84, bottom)*, our previously fluffy, well-aerated soil had compacted somewhat because of torrential rains. (After harvest in the fall, we added organic matter to build up the soil's porosity.) All seeds, except cantaloupe, were up by June 1.

JUNE 30

Harvest of Bibb lettuce and radishes began in mid June *(page 85, bottom)*. We planted more cantaloupe seeds. After finding holes in cabbage leaves caused by cabbage butterfly caterpillars, we began applying *Bacillus thuringiensis* (an organic insect control) at weekly intervals. We also handpicked the leaf-eating caterpillars. During the drier weather in late June, the soil under the closely spaced plants remained moist. The dense leaf cover also shaded out weeds.

AUGUST 9

A drought that started in July caused cracks to form in the soil *(top left)*. We began watering the raised bed regularly. Closely planted crops such as carrots, beets, and Swiss chard became overcrowded, so we thinned them. To avoid shading neighboring crops, we pruned back the wandering growth of bush beans and squash plants. This didn't cut into the harvest of these plants to any great degree, and it bolstered the production of the crops they were crowding.

In mid July, we harvested bush and lima beans, cucumbers, beets, onions, Stonehead cabbages, and summer squash. Cucumber plants required tying to stay on the fence. The Swiss chard, which performed poorly, was ripped out. Because the variety Rhubarb chard isn't as vigorous as the green type, we blamed the poor growth on its late, hot start. We took out the cantaloupe plants because they were too small to produce mature fruit before frost. The winter squash, killed by bacterial wilt from cucumber beetles, also was removed.

As soon as vegetables were harvested, we replanted with second crops, including Chinese cabbage, loose leaf lettuce, peas, bush beans, kohlrabi, and spinach *(left)*. Even the still-productive summer squash was discarded to make room for new plants.





To prevent taller crops from shading out shorter ones, we planted vegetables in order of their mature heights. The stakes mark each crop section and identify variety names and planting dates.

Illustration: Tom Rosborough

EXPENSES

SEEDS	COST
Marigold (Janie Yellow)	$ 1.00
Bibb Lettuce (Buttercrunch)	.85
Carrot (Red Cored Chantenay)	.85
Radish (Cherry Belle)	.85
Beet (Detroit Dark Red)	.85
Swiss Chard (Burpee's Rhubarb Chard)	.85
Wax Bean (Burpee's Brittle Wax)	1.25
String Bean (Tendercrop)	.95
Squash (Early Prolific Straightneck)	.85
Squash (Burpee's Butterbush)	1.25
Basil	.85
Cantaloupe (Honeybush)	1.25
Cucumber (Bush Pickle)	1.00
Cucumber (Spacemaster)	1.00
Lima Bean (King of the Garden)	.95
Loose Leaf Lettuce (Salad Bowl)	.85
Pea (Little Marvel)	.85
Kohlrabi (Grand Duke Hybrid)	1.50
Chinese Cabbage (Michihili)	.75
Spinach (America)	.65
SUBTOTAL	**$19.20**

TRANSPLANTS	COST
Cabbage (Savoy)	$ .92
Cabbage (Stonehead)	1.84
Onion (Red Hamburger)	1.19
Pepper (Bellringer)	1.25
Pepper (Market Master)	1.25
Eggplant (Ichiban)	1.25
Tomato (Fantastic)	.70
Tomato (Better Boy)	.70
Tomato (Burpee's Jubilee)	.70
SUBTOTAL	**$9.80**

OTHER EXPENSES (reusable)	COST
plant markers	$ 1.80
tomato cages (3)	6.00
grow net	5.95
2x2 posts (2)	13.00
Bacillus thuringiensis	9.00
SUBTOTAL	**$35.75**
PLANT TOTAL	**$29.00**
GRAND TOTAL	**$64.75**

Altogether, we spent less than $30 on plant material for a summer's worth of fresh produce. All other expenses incurred represent reusable products. Their costs should be prorated over a period of years.



LOW-COST DECORATING *high-style results*

By Denise L. Caringer and Robert E. Dittmer

We've often written that high style doesn't necessarily mean high cost. But never has such style and function been so easy to to achieve on a moderate budget. Here are some of the reasons:

—Today's sleek, high-style storage pieces often carry low price tags. (Many come knocked down in boxes, ready for you to carry home and assemble in minutes.)

—Sheets have come into their own as strong decorating elements. (Figure the cost per square yard, and you'll see what a bargain they are.) Use them on the bed, of course, but remember they make great curtains, pillows, tablecloths, and wall coverings, too.

—Great-looking area rugs—rag and braided designs in fresh colors, and beautifully patterned cotton and wool dhurries from catalogs and discount stores—make it easy to put good design under your feet.

—Dramatic track lighting (once costly and hard to find) is now affordable. Look for it in lighting stores and mail-order catalogs.

—Low-cost lamps also abound.

Skeptical? Come along and meet one California homeowner who used these low-cost ideas—and more—to turn a middle-aged ranch house into a high-style knockout.

Ann Clark's house *(above)* is the same style as its 35-year-old neighbors, but shake shingles make it look years younger. A matching, weathered-wood fence turns the front yard into a private garden.

Inside, it's obvious that "budget" applies only to the price tag—not the look—of the decorating.

The inviting dining room *(right)* has a romantic, gardenlike ambience that belies its modest cost. An old table, lavishly skirted with two cloths sewn from sheets, rests atop a dhurrie rug bought on sale. Classic director's chairs are customized with do-it-yourself cushions. Track lights highlight posters that are simply shrink-wrapped in plastic and tacked up with color-keyed pushpins.

Buying information, page 65.



SIMPLICITY FOR CASUAL ELEGANCE

Simplicity is the key to the Clark home's delightful, high-style elegance. Neutral walls, carpet, and modular seating give the small living room *(right)*, a light, airy look.

These no-color hues form a canvaslike backdrop for an artful array of colors and textures. The peach and blue tones of the pillows and area rug are echoed by a poster that's simply propped up on the fireplace mantel.

Two elements—lighting and texture—complete the scheme. A soft, nubby throw and a woven-wicker hamper/table lend tactile appeal; track lights (out of view) turn walls into galleries, and a low-cost lamp casts a warm, moody glow.

Beyond this grouping, Ann removed part of the front wall to annex the once-wasted porch (already roofed and floored).

The newly enclosed, skylighted space—a 9x5-foot window seat and an adjacent entryway—add livability to the small home and precious light to its once-dark interior.

In the windowed nook, wall-mounted track lights shine upward for dramatic mood lighting or downward for reading. Homemade pillows and a smart-looking plastic cube table provide additional comfort to the getaway spot. Since the alcove faces the street, Ann added sheer fabric panels for daytime privacy and roman shades for nighttime use.

Buying information, page 65.



MODULARS FOR A BUILT-IN LOOK



Ann Clark's ingenuity and attention to detail is evident in each of the bedrooms, where budget-pleasing modular storage pieces are used creatively.

In the master bedroom *(above right)*, a combination storage wall/window seat only *looks* costly.

The white-lacquered storage units are knockdowns that Ann assembled herself. Optional doors, drawers, and shelves let Ann customize each piece to her own needs.

Tall bookcases frame the window, while matching chests create a double-duty storage/seating base that's plumped with thick cushions for lounging.

To complete the built-in look, Ann used a slim piece of painted wood to fill in between the right wall and the



adjacent storage unit. Finally, Ann fitted the display sections with cut-to-fit pieces of mirror that reflect light back into the room.

The same types of storage units also make beautiful, movable walls. In the home office/guest room *(above left)*, four back-to-back bookcases subdivide space, creating a dressing area behind the desk and sofa bed. This new, movable "wall" offers ample storage on both sides, as it helps to square up the room's tunnellike proportions.

Above the desk in the background, a matching unit hangs on the wall to provide space-efficient bookshelves. **Buying information, page 65.**

Photographs: Fred Lyon
Design: Ann Clark
Field editor: Helen Heitkamp

Fabulous Food Made Easy

You, too, can make those fabulous foods you thought only cooking buffs would attempt. Each of these five first-rate recipes is presented in steps that ensure success. For a special event or just for fun, help yourself to a new cooking adventure!

An extraordinary first course, for instance, can set the stage for a memorable party. Fried patties of cheese lend a unique temperature and texture contrast to crisp, chilled greens.



BY DIANA MCMILLEN
Photographs: William K. Sladcik, Inc.
Food stylist: Fran Paulson

Sizzling Cheese Salad

The slightly sweet flavor of each patty results from the blending of gjetost (YAY tohst) cheese and Neufchâtel. Hours in advance, you can prearrange the greens and vegetables on a platter, prepare the dressing, and shape patties. Then just fry the cheese before serving—

- **4 cups torn mixed greens**
- **¼ cup pitted ripe olives**
- **6 whole sun-dried tomatoes *or* 6 tomato wedges**
- **¼ cup salad oil**
- **¼ cup tarragon vinegar**
- **2 teaspoons finely chopped green onion**
- **1 teaspoon Dijon-style mustard**
- **1 teaspoon walnut oil**
- **1 egg**
- **1 tablespoon water**
- **2 tablespoons cornmeal**
- **1 tablespoon fine dry bread crumbs**
- **1 tablespoon sesame seed, toasted**
- **2 teaspoons grated Parmesan cheese**
- **4 ounces Neufchâtel cheese, cut up**
- **1 cup shredded gjetost cheese (4 ounces)**
- **2 tablespoons butter *or* margarine, melted**
- **6 pita bread rounds, split and toasted**

1. On a serving platter arrange greens, olives, and tomatoes. Cover; chill.

2. In screw-top jar combine salad oil, vinegar, onion, mustard, and walnut oil. Cover. Shake; chill.

3. In small bowl combine egg and water. In shallow bowl combine cornmeal, crumbs, sesame, and Parmesan.

4. Beat the cheeses with an electric mixer till combined. Shape into 1-inch balls; flatten to form patties. Dip into egg mixture; coat with the cornmeal mixture *(photo A)*. Cover; chill.





5. To fry cheese: In a skillet heat butter or margarine. Add cheese; cook on medium-high heat 10 minutes or till golden, turning once *(photo B)*.

6. Shake dressing; drizzle atop salad. Arrange cheese and pita atop. Serves 6.

Buying information, page 65.





Seafood and Veal Spiral

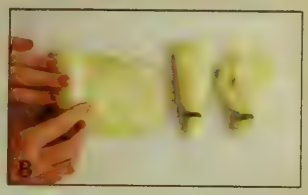
Cod butter and shrimp are centered in this exquisite roast, set off with a stunning kohlrabi flower—

- 1 3¼- to 3½-pound boneless veal loin roast
- ½ pound fresh *or* frozen cod fillets
- ¾ cup butter *or* margarine, softened
- Dash bottled hot pepper sauce
- 8 ounces fresh *or* frozen shelled shrimp
- 1 tablespoon sliced green onion

Kohlrabi Flowers

- 1 recipe Mushroom Sauce (see recipe, page 107)





1. Unroll roast. At V formed by butcher when boning, make two lengthwise cuts perpendicular to right and left of V; spread open. Cover with clear plastic wrap. Using meat mallet, flatten to a 14x10-inch rectangle.
2. Place cod in ½ cup *water*. Bring to boiling; reduce heat. Cover; simmer 6 to 8 minutes. Remove from heat. Drain; cool. Flake fish into a mixer bowl; add butter, pepper sauce, and ¼ teaspoon *salt*. Beat smooth.
3. Add shrimp to 1½ cups boiling *water*. Reduce heat; cook 1 to 3 minutes. Drain.
4. Spread cod-butter mixture on meat to within ½ inch of edges. Sprinkle with onion. Overlap shrimp atop meat in two rows 2 inches from short side of meat *(photo A)*. Roll up meat, jelly-roll style, starting from shrimp side. Tie securely with string.
5. Place on rack in roasting pan. Insert a meat thermometer in thickest portion. Roast in 325° oven 2 hours or till thermometer registers 160° to 170°.
6. Place on a platter; reserve pan juices. Garnish with flowers and carrot (optional). Pass sauce. Serves 12.

Kohlrabi Flowers: Thinly slice 1 *kohlrabi*. Soak in salt water till softened. Drain. Overlap to form a row; loosely roll up *(photo B)*. Secure with rubber band. Pull slices back to form petals; place in ice water. Remove band to serve.

Buying information, page 65.

Glazed-Fruit Almond Torte

This scrumptious cake holds even more enjoyment inside than you see. Ground nuts account for the unique texture and rich flavor—

- **13 ounces whole blanched almonds**
- **6 egg yolks**
- **1 tablespoon finely shredded lemon peel**
- **1 cup sugar**
- **6 egg whites**
- **1 teaspoon cream of tartar**
- **½ cup finely crushed vanilla wafers**
- **1½ cups whipping cream**
- **2 11-ounce cans mandarin orange sections, drained**
- **½ cup finely snipped dried golden figs**
- **⅓ cup apricot preserves, sieved**
- **1 cup seedless green grapes *and/or* sliced strawberries**
- **Lemon and kiwi twist**

1. Place almonds in a blender container or food processor bowl. Cover; blend till very finely ground (about 3 cups). Spread evenly in a shallow baking pan. Bake in a 350° oven till light brown, stirring twice. Set aside.

2. Grease three 8x8x2-inch baking pans or 8x1½-inch round baking pans. Line bottoms with waxed paper; grease. In a small mixer bowl beat yolks and peel with an electric mixer for 6 minutes. Gradually add *½ cup* of sugar, 1 tablespoon at a time, beating till sugar is nearly dissolved.

3. Wash beaters. In a large mixer bowl beat egg whites and cream of tartar at high speed till soft peaks form. Gradually add the remaining sugar, 1 tablespoon at a time, beating till stiff peaks form. Fold yolk mixture into beaten whites. Combine almonds and wafer crumbs. Sprinkle *¾ cup* of the nut mixture over eggs; fold in lightly. Repeat with remaining nut mixture, ¾ cup at a time, folding in lightly. Turn into pans.

4. Bake in a 350° oven for 20 minutes (25 minutes for round pans). (Cakes will have a slight dip.) Cool 10 minutes. Using a narrow spatula, loosen from pans. Remove; cool on wire racks.

5. To assemble, beat cream to stiff peaks. Using pastry tube fitted with large star tip, pipe *1½ cups* whipped cream in lines over bottom layer *(photo A)*. Reserve *¼ cup* orange sections. Sprinkle *half* of the remaining oranges and *half* of the figs atop cream. Top with next layer. Repeat piping and arranging fruit; top with final cake layer.

6. Melt preserves; spread some over cake. Arrange remaining fruit atop *(photo B)*. Brush with preserves. Top with twist. Chill 1 hour. Serves 14.


A


B





Chocolate Lace Tray

Chocolate lovers' dreams are answered with this amazing sweet. And it's so easy to make! Just drizzle the melted German sweet chocolate over a chilled foil form, chill it again, and then remove the chocolate from the foil. Decorated spice cakes and assorted thrice-dipped fruits accompany the free-form tray—



2½ 4-ounce bars German sweet cooking chocolate (10 ounces)
1 recipe Petite Spice Cakes (see recipe, page 108)
1 recipe Dipped Fruit

1. Press a large piece of heavy-duty foil on the bottom and up the sides of a shallow 1-quart au gratin dish. Chill in freezer.

2. In a heavy 1½-quart saucepan melt the German chocolate over low heat, stirring till smooth. *Do not add any liquid.* Using a small spoon, drizzle about *half* of the melted chocolate randomly over the bottom and up the sides





of the chilled foil inside the au gratin dish *(photo A)*. (Or, pipe melted chocolate through a pastry bag fitted with a writing tip.) Return to the freezer about 5 minutes or till firm. (Reheat chocolate if it becomes too thick.) Repeat drizzling with remaining melted chocolate over the bottom and up the sides of the foil-lined dish. Chill in the freezer for 15 minutes more.

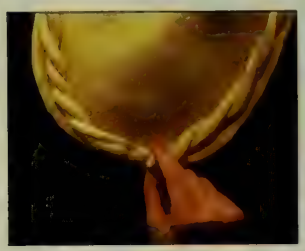
3. To unmold chocolate tray, lift the chocolate-coated foil from dish. Carefully peel foil from chocolate. Using wide metal spatulas, transfer chocolate tray to a serving platter; chill up to 24 hours. Serve topped with cakes and fruit. Makes 6 to 8 servings.

Dipped Fruit: In separate small saucepans melt 2 ounces *white confectioners' coating*, 2 ounces *milk chocolate*, and 2 ounces *German sweet cooking chocolate*. (Or, place in small nonmetal bowls and melt in your microwave oven.) Using your choice of glacéed or nonjuicy fresh fruits, place one piece of fruit on end of a wooden skewer. Dip a portion of the fruit into each melted mixture, forming layers by dipping deeply into one, less deeply into the next, and just the tip into the last *(photo B)*. Place on a waxed-paper-lined pan; chill till firm or up to 2 hours.

Buying information, page 65.

Pollo En Pane

Who'd ever guess that this blanket of yeast bread hides a whole roast chicken on a bed of wheat berry dressing?



- ¾ cup wheat berries
- ½ teaspoon instant chicken bouillon granules
- 4 slices bacon
- ½ cup chopped onion
- ½ cup shredded carrot
- 6 fresh whole mushrooms, quartered
- 1½ teaspoons dried thyme, crushed
- 1 2½- to 3-pound whole broiler-fryer chicken

Cooking oil

- 2 to 2½ cups all-purpose flour
- 1 package active dry yeast
- ½ cup milk
- 3 tablespoons sugar
- 3 tablespoons butter *or* margarine
- 1 egg
- 2 tablespoons all-purpose flour
- 1 cup light cream
- 2 tablespoons dry white wine

Fresh thyme (optional)

1. For dressing: In a saucepan combine wheat berries, bouillon, and 2 cups *water*. Bring to boiling; reduce heat. Cover; simmer 45 to 60 minutes. Drain.

continued on page 105.

To order specialty cooking equipment, see page 154.

Buying information, page 65.



FITNESS CENTER

Jumping to conclusions.

For a long time, that was about as much exercise as most of us got.

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Last year, almost 60 million Americans exercised their option to exercise.

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Its name: Oriental Garden in Szechwan Spices. One of four new fresh-frozen Vegetables in Pastry. Pure food, pure deliciousness.

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Taste the way vegetables were meant to be.



continued

Fabulous food

2. In a skillet cook the bacon till crisp; drain, reserving the drippings. Crumble the cooked bacon. In the same skillet cook the chopped onion and shredded carrot in bacon drippings till tender; drain off the fat. Combine the cooked wheat berries, crumbled bacon, onion, carrot, quartered mushrooms, and *1 teaspoon* of the dried thyme. Cover and chill the mixture.

3. Season the cavity of the chicken with salt and pepper. Tie the legs securely to the tail and twist the wing tips under back of chicken. Place chicken, breast side up, on a rack in a shallow roasting pan. Brush the skin with cooking oil. Roast chicken, uncovered, in a 375° oven for 1 to 1¼ hours or till the internal temperature reaches 170°. Baste chicken occasionally with pan drippings. Strain the drippings in roasting pan; reserve for sauce.

4. Meanwhile, for bread: In a large mixer bowl combine *1 cup* of the flour and the yeast. In a saucepan heat the milk, sugar, butter or margarine, and ½ teaspoon *salt* just till warm (115° to 120°) and butter is almost melted, stirring constantly. Add to the flour mixture; add the egg. Beat with an electric mixer on low speed for ½ minute, scraping the sides of bowl constantly. Beat 3 minutes on high speed.

5. Using a spoon, stir in as much of the remaining flour as you can. Turn the dough out onto a lightly floured surface; knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape the dough into a ball. Place in a greased bowl; turn the dough once to grease the entire surface. Cover the bowl of dough with a cloth. Let the dough rise in a warm place till nearly double (about 1 hour).

6. On a lightly floured surface roll out *two-thirds* of the dough into an oval shape, 2 inches larger than a shallow 1½- to 2-quart oval casserole or a shallow 2-quart round casserole. Spoon the stuffing in the bottom of the casserole. Place roasted chicken, breast side up, atop stuffing. Place the dough over the chicken; trim the dough to ½ inch

continued

Made from scratch, made easy with Hershey's Cocoa.



Hershey's Easy-Does-It Recipe #7

The Deep-Dish Brownie (Mixes in 5 minutes!)

¾ cup butter or margarine, melted
1½ cups sugar
1½ teaspoons vanilla
3 eggs
¾ cup unsifted all-purpose flour
½ cup Hershey's Cocoa
½ teaspoon baking powder
½ teaspoon salt

Blend melted butter or margarine, sugar and vanilla in a mixing bowl. Add eggs; beat well with spoon. Combine flour, cocoa, baking powder and salt; gradually add to egg mixture until well blended. Spread in greased 8-inch square pan. Bake at 350° F. for 40 to 45 minutes or until brownie begins to pull away from edges of pan. Cool; cut into squares.



Made from scratch, made easy.

© 1983 Hershey Foods Corporation

No shredding.



Florentine Biscuit Bake

1 10-oz. pkg. frozen chopped spinach, cooked, well drained
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
1 7-oz. can tuna, drained
¼ teaspoon garlic powder
1 5-oz. can refrigerated buttermilk flaky biscuits
2 tablespoons PARKAY Margarine, melted

Combine spinach, ¾ cup process cheese spread, tuna and garlic powder in saucepan; cook, stirring occasionally, over low heat until thoroughly heated. Spoon into 1-quart casserole. Separate dough into biscuits; cut each into quarters. Dip in margarine. Arrange around edge of casserole. Bake at 375°, 25 minutes or until biscuits are golden brown. Top biscuits with remaining process cheese spread.

3 to 4 servings

No slicing.



Liberty Bell Steak Sandwich

1 large onion, sliced
2 tablespoons PARKAY Margarine
1 lb. thin roast beef slices
6 6-inch French bread rolls, partially split, heated
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread

Saute onion in margarine. Remove onion from skillet. Add meat; heat thoroughly. Heat process cheese spread in saucepan over low heat. For each sandwich, fill roll with meat and onion; top with process cheese spread.

6 sandwiches

No waiting.



Apple Brunch Waffles

Heat CHEEZ WHIZ Pasteurized Process Cheese Spread in saucepan over low heat. For each serving, top frozen waffle, toasted, with apple slices and process cheese spread.

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KRAFT

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Cheez Whiz cheese spread from Kraft is made with a creamy, mellow blend of fine natural cheeses, so it's already ready to make any dish delicious.

continued

Fabulous food

beyond edge of the casserole. Seal the dough to casserole edge.

7. Divide the remaining dough into 5 equal portions; roll each portion into an 18-inch-long rope. Twist *two* ropes together. Repeat with *two* more ropes. Brush ropes and dough with additional milk. Press the twisted ropes around the edge of the casserole to trim the dough *(see photo, page 102)*; brush with milk. Pierce the top of dough for the escape of steam. Use the remaining rope to form decorations for the bread. Place the decorations atop dough; brush with milk. Bake the dough-covered chicken in a 375° oven for 20 to 25 minutes or till golden. Cover the dough with foil the last 15 minutes of baking time to prevent overbrowning.

8. Meanwhile, measure 2 *tablespoons* of the reserved drippings into a saucepan. Stir in the 2 tablespoons flour and the remaining thyme. Add light cream to saucepan all at once. Cook and stir till the mixture is thickened and bubbly. Cook and stir 1 minute more. Stir in the dry white wine; heat through. Season the sauce with salt and pepper.

9. To serve, garnish the top of the baked bread-covered chicken with some fresh thyme. Serve the chicken, wheat berry stuffing, and bread with the sauce. Makes 6 servings.

MUSHROOM SAUCE

Serve this flavorful sauce over slices of Seafood and Veal Spiral, pictured on pages 96 and 97—

Milk

8 ounces fresh mushrooms, sliced
2 tablespoons sliced green onion
3 tablespoons all-purpose flour
⅛ teaspoon salt
Dash pepper

Spoon off *¼ cup* fat from the reserved pan juices from Seafood and Veal Spiral. Pour remaining juices into a 2-cup glass measure. Add enough milk to measure 1¼ cups liquid. In a skillet cook the sliced mushrooms and green onion in the ¼ cup fat for 5 minutes. Stir in the flour, salt, and pepper. Add the 1¼ cups milk mixture all at

continued



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With Eagle Brand as your secret ingredient, it's so easy to create your choice of delicious, smooth, creamy liqueurs right at home, whenever the fancy strikes.

Homemade Irish Cream Liqueur

(Makes about 5 cups)

1¾ cups of your favorite liquor (Irish whiskey, brandy, rum, bourbon, scotch or rye whiskey)
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
1 cup (½ pint) whipping or light cream
4 eggs*
2 tablespoons chocolate flavored syrup
2 teaspoons instant coffee
1 teaspoon vanilla extract
½ teaspoon almond extract

In blender container, combine all ingredients; blend until smooth. Serve over ice if desired. Store tightly covered in refrigerator up to one month. Stir before serving.

* *Use only Grade A clean, uncracked eggs.*



BORDEN®

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continued

Fabulous food

once. Cook and stir till the mixture is thickened and bubbly. Cook and stir 1 minute more. Makes 2 cups sauce.

PETITE SPICE CAKES

Complete the Chocolate Lace Tray featured on pages 100 and 101 with these cardamom-flecked cakes. Or, top the edible tray with some purchased petits fours from your favorite bakery—

2 eggs
1 cup granulated sugar
1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon ground cardamom
¼ teaspoon salt
½ cup milk
2 tablespoons butter *or* margarine

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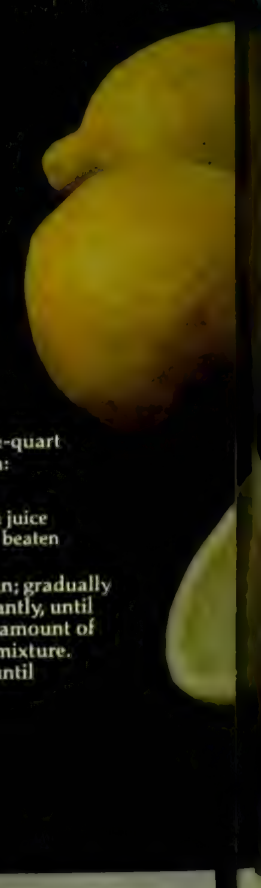
1½ cups granulated sugar
¾ cup hot water
1 teaspoon finely shredded lemon peel
¼ teaspoon cream of tartar
1 teaspoon vanilla
Sifted powdered sugar (about 1¼ cups)
Melted German sweet chocolate

Grease and lightly flour a 9x9x2-inch baking pan; set aside. In a small mixer bowl beat the eggs with an electric mixer on high speed about 4 minutes or till the eggs are thick and lemon colored. Gradually add the 1 cup granulated sugar, beating on medium speed for 4 to 5 minutes or till the sugar is nearly dissolved. In a mixing bowl stir together the flour, baking powder, cardamom, and salt. Add the dry ingredients to the beaten egg mixture; stir just till the mixture is blended.

In a small saucepan heat the milk and butter or margarine till the butter melts; stir into the batter in mixer bowl. Beat mixture on low speed till

When the lemons are squeezed by hand and the cream is freshly whipped, Isn't it silly not to use Philly?

PHILADELPHIA BRAND CREAM CHEESE PASTEURIZED KRAFT



Only the right ingredients can make this elegant dessert taste as good as it looks. When you spend your time, care and money making a dessert this exceptional, isn't it silly not to use Philly?

BAVARIAN LEMON CREME

1 envelope unflavored gelatin
½ cup cold water
2 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened
½ cup sugar
⅓ cup milk
¼ cup lemon juice
½ teaspoon grated lemon rind
2 egg whites
1 cup whipping cream, whipped
Lemon sauce

Soften gelatin in water; stir over low heat until dissolved. Combine cream cheese and sugar, mixing until well blended. Gradually add gelatin, milk, juice and rind, mixing until blended. Chill, stirring occasionally, until thickened but not set. Beat with electric mixer or wire whisk until smooth. Beat egg whites until stiff peaks form. Fold egg whites and whipped cream into cream cheese mixture. Pour into lightly oiled 1½-quart mold; chill until firm. Unmold; serve with:

LEMON SAUCE

¾ cup sugar
2 tablespoons cornstarch
¼ cup water
¼ cup lemon juice
2 egg yolks, beaten

Combine sugar and cornstarch in saucepan; gradually add water and juice. Cook, stirring constantly, until mixture is clear and thickened. Stir small amount of hot mixture into egg yolks; return to hot mixture. Cook, stirring constantly, over low heat until thickened. Cool. 8 to 10 servings

KRAFT © 1984, Kraft, Inc.

well mixed. Turn the cake batter into the prepared baking pan. Bake in a 350° oven for 25 to 30 minutes or till the cake tests done. Cool cake in pan for 10 minutes on a wire rack. Remove cake from pan; cool thoroughly on wire rack before icing.

For vanilla icing: In a 1-quart saucepan stir together the 1½ cups granulated sugar, the hot water, the shredded lemon peel, and cream of tartar. Cover and bring the mixture to boiling. Uncover; clip a candy thermometer to the saucepan. Cook over medium-low heat till the temperature registers 226°. Remove the saucepan from heat. Cool mixture, without stirring, to 110° (about 45 minutes). Stir in the vanilla. Stir in enough sifted powdered sugar to make a pourable consistency. Beat the icing in saucepan till smooth.

Using a knife or cookie cutter, cut the cake into shapes such as squares, diamonds, and circles that are about 1½-inches wide. Place the cake pieces on a wire rack over waxed paper. Spoon the vanilla icing over the small cakes to coat evenly. Drizzle melted chocolate atop each iced cake to form a design. Chill the decorated cakes a few minutes to firm the drizzled chocolate. Makes about 16 small cakes.

Note: For best cooking results, check the accuracy of your candy thermometer before each use. To test, place the candy thermometer in a saucepan of boiling water. If the thermometer registers either above or below 212°, add or subtract the same number of degrees from the recipe temperature and cook to that temperature. For added accuracy, read the candy thermometer at eye level while clipped to the saucepan on the rangetop.

When clipping the candy thermometer to side of the saucepan, make sure the bulb of the thermometer is completely covered with the boiling liquid, not just foam, and that the bulb doesn't touch the bottom of the saucepan. This ensures a more exact reading.



Win Money For Your Recipes

PANCAKE AND WAFFLE IDEAS

CALORIE-TRIMMED MEATS

Is a pancake or waffle recipe your Sunday morning specialty? Do you serve your family a healthful, calorie-trimmed meat entrée? Send us your original recipes—you could be a winner. Two Cooks of the Month receive $50 each, four Runners-Up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next October. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Pancake and Waffle Ideas: Submit your original pancake recipe that's made from scratch or from a mix. Perhaps grains are featured in your waffle. **Tips: chocolate roll-ups, beef supper cakes, graham stack cakes.**

Calorie-Trimmed Meats: Do you subtract calories from your family's dinner entrées when you broil or stir-fry meat? Does a low-calorie marinade spruce up a plain beef or lamb? **Hints: sweet and sour chuck steak, spice pork roast, quick steak au poivre.**

THIS MONTH'S WINNERS

(See recipes on pages 113 and 114.)

Cooks of the Month: Kris Heller, Hutchinson, Kans.; Rhonda D. Thomas, Oak Harbor, Wash.

Runners-Up: Mrs. Mary K. Ferguson, Shrewsbury, Mass.; Julia A. Haciski, Baltimore, Md.; Mrs. Barbara Milne, San Diego, Calif.; Dorothy M. Stranix, Victoria, B.C.

Honor Roll: Mrs. William Braun, Hamburg, N.Y.; Olga Christianson, Thousand Oaks, Calif.; Virgie Denham, Monroe, La.; Sally M. Flanzer, Little Rock, Ark.; Mrs. Melody Hohenadel, Guelph, Ontario, Can.; Kathy Kulinski, Barrington, Ill.; Donna Pyatt, Stoneham, Mass.; Enid Ringdahl, Fergus Falls, Minn.; Fay Ruby, Medford, Mass.; Susan Waldo, Lockwood, Mo.

CONTEST RULES

1. Clearly write your name, address, and recipe marked "October Pancake and Waffle Ideas" or "October Calorie-Trimmed Meats."
2. Specify brand names of food products you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish.
5. Entries must be postmarked by midnight, March 31, 1984. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address the recipes you enter to 8403 Food Department, Better Homes and Gardens, Des Moines, IA 50336.



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Ask for Hormel Pepperoni, sliced to order, at your favorite deli, or choose Hormel twin links, chunks, or slices in supermarket vacuum packs.

PASTA WITH CARBONARA SAUCE

4 eggs
¼ C. butter or margarine
¼ C. cream
1 lb. fettucini or spaghetti
2 3½ oz. pkgs. sliced Hormel Pepperoni, cut in strips
1 C. Parmesan cheese, grated
¼ C. snipped fresh parsley
pepper to taste

Eggs, butter or margarine and cream must be room temperature. Beat together eggs and cream until blended. Cook pasta 10-12 minutes in boiling, salted water. Drain well. Turn pasta into a pre-heated (250°) oven-proof serving dish. Toss pasta with butter and pepperoni. Pour egg mixture over and toss. Add cheese and parsley, toss to mix. Makes 4-5 servings.



Hormel

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Enticing Sweet 'n Sour Chicken in twenty minutes. A complete main dish recipe made MINUTE® Rice perfect, every luscious time. Recipe on box.



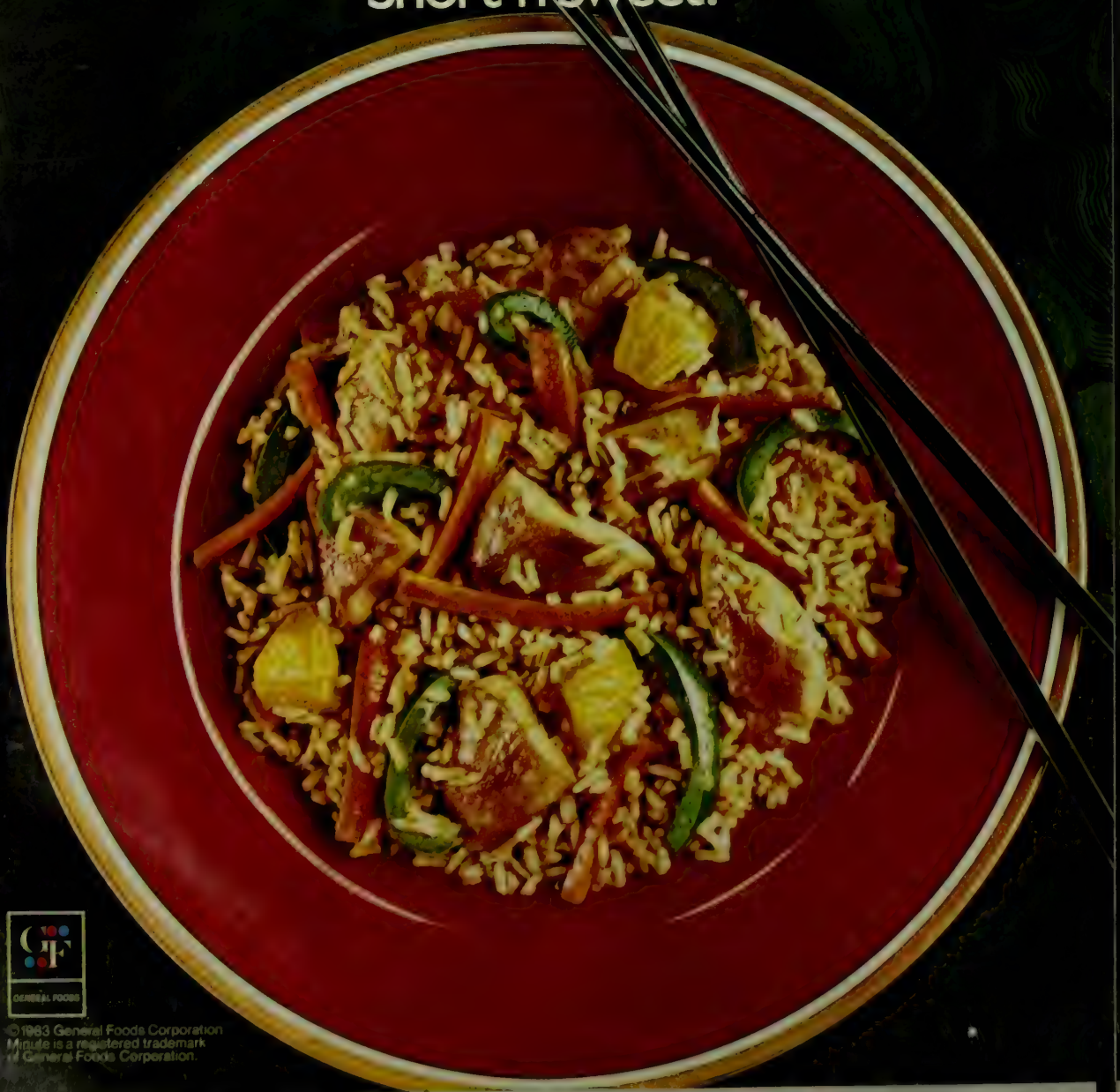
Sweet 'n Sour Chicken.

1 lb. boneless chicken, cut in cubes
2 tbsp. oil
1 garlic clove, minced*
1 cup green pepper strips
1 cup carrot strips
1¼ cups chicken bouillon
¼ cup soy sauce*
2 tbsp. sherry (optional)
3 tbsp. vinegar
3 tbsp. brown sugar
½ tsp. ginger*
1 can (8 oz.) chunk pineapple in juice
1⅓ cups MINUTE® Rice

*Or use ⅓ cup teriyaki sauce.

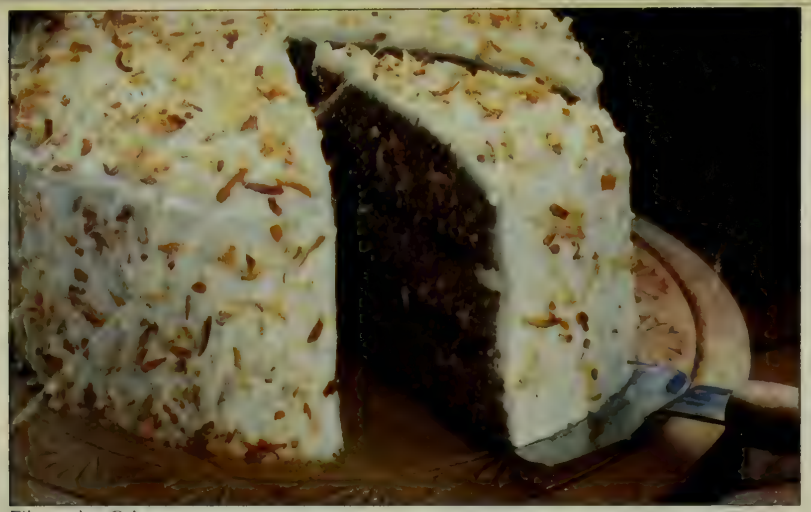
Brown chicken in oil. Add garlic, green pepper and carrots; saute briefly. Add bouillon, soy sauce, sherry, vinegar, sugar, ginger and pineapple with juice. Bring to a full boil. Stir in rice. Cover, remove from heat and let stand 5 minutes. Stir before serving. Makes 4 servings.

Introducing Sweet 'n Sour Chicken. Short 'n Sweet!



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File under Cakes

Photographs: Scott Little

Special-Occasion Cakes

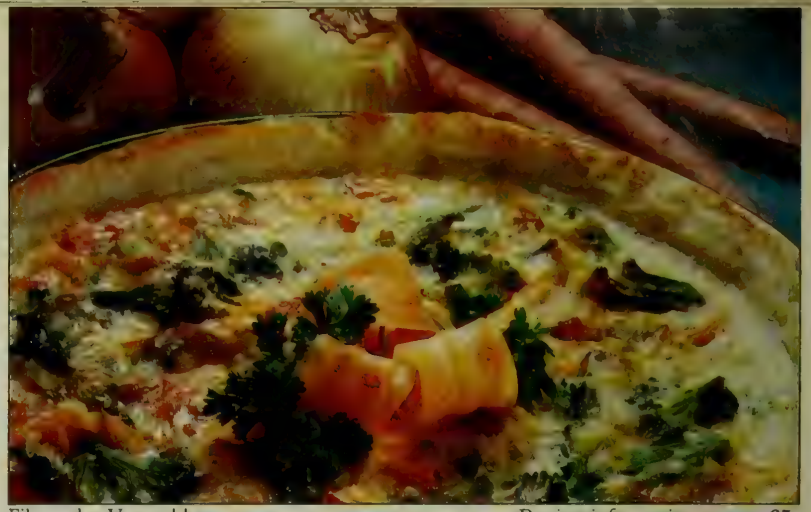
Velvety Coconut and Spice Cake

Cinnamon, cloves, nutmeg, allspice, and ginger flavor this blue-ribbon cake—

2½ cups all-purpose flour
1½ teaspoons baking powder
1½ teaspoons ground cinnamon
¾ teaspoon baking soda
¼ teaspoon *each* ground cloves, nutmeg, and allspice
⅛ teaspoon ground ginger
½ cup butter *or* margarine
½ cup granulated sugar
½ cup packed brown sugar
1 teaspoon vanilla
4 eggs
1¼ cups light cream
¼ cup molasses
1¼ cups shredded coconut
⅔ cup orange marmalade
1 3-ounce package cream cheese
6 tablespoons butter *or* margarine
2 cups sifted powdered sugar
Few drops orange extract

Grease and flour three 8x1½-inch round baking pans. Combine first 8 ingredients and ½ teaspoon *salt*. Beat ½ cup butter or margarine 30 seconds. Beat in sugars and vanilla. Add eggs, beating 1 minute after each. Combine cream and molasses. Add dry ingredients and molasses mixture alternately to egg mixture, beating after each addition. Stir in coconut. Turn into pans. Bake in 350° oven 20 minutes. Cool 10 minutes. Remove from pans; cool. Stack cakes, spreading marmalade between layers. For frosting, beat together cheese and remaining butter. Beat in powdered sugar and extract. Sprinkle with toasted coconut. Chill. Serves 12.

Rhonda D. Thomas, Oak Harbor, Wash.



File under Vegetables

Buying information, page 65.

Easy Vegetable Fix-Ups

Potato-Crust Quiche

To save time, use instant mashed potatoes in this prizewinning side dish. It takes 1⅓ cups prepared instant potatoes to equal the potatoes called for—

3 medium potatoes
¼ cup butter *or* margarine
2 cups loose pack frozen mixed vegetables
½ cup shredded cheddar cheese (2 ounces)
2 beaten eggs
1 5⅓-ounce can evaporated milk
¼ teaspoon salt
⅛ teaspoon pepper
1 tablespoon fine dry bread crumbs *or* toasted wheat germ (optional)
Carrot curls
Parsley sprigs

Cook potatoes, covered, in boiling salted water till tender. Drain; peel. Mash with a potato masher; measure 1⅓ cups. Stir in butter or margarine. Spoon into a greased 9-inch pie plate. Spread over bottom and up sides of plate; build up sides with a spoon to form a crust. Arrange vegetables in bottom of potato crust; sprinkle with cheese. In a small bowl combine eggs, milk, salt, and pepper; pour over cheese. Sprinkle with bread crumbs or wheat germ. Bake in a 375° oven for 40 to 50 minutes. Garnish with carrot curls and parsley. Makes 8 servings.

Kris Heller, Hutchinson, Kans.





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Romaine and Broccoli Stir-Fry

This light and easy stir-fry makes a festive side dish to serve your family or company—

- **1 bunch romaine**
- **4 slices bacon, cut up**
- **6 cups broccoli flowerets**
- **¼ cup water**
- **1 teaspoon sugar**
- **¼ teaspoon salt**
- **Bacon curls (optional)**

Slice romaine into ½-inch-wide strips. In a wok or large heavy skillet cook bacon over medium heat till crisp; drain, reserving drippings in wok. Set bacon aside. Add broccoli to drippings in wok; stir to coat pieces. Stir in the water, sugar, and salt. Cover; simmer for 4 minutes. Stir in the romaine; stir-fry 3 minutes. Remove from wok. Sprinkle bacon pieces atop. Garnish with bacon curls. Makes 6 servings.

Julia A. Haciski, Baltimore, Md.



Bulgur and Vegetable Pilaf

Cracked wheat, a product very similar to bulgur, can be used in place of the bulgur in this colorful dish—

- **1 cup chopped onion**
- **1 cup chopped celery**
- **1 cup sliced fresh mushrooms**
- **1 clove garlic, minced**
- **3 tablespoons cooking oil**
- **1 cup sliced carrots**
- **1 cup sliced zucchini**
- **½ cup green *or* sweet red pepper strips**
- **½ cup bulgur wheat**
- **1 to 2 teaspoons dried tarragon, crushed**
- **1 cup chicken *or* beef broth**
- **½ teaspoon salt**

In a 3-quart saucepan cook onion, celery, mushrooms, and garlic in hot oil about 8 minutes or till vegetables are tender. Add carrots, zucchini, green pepper, bulgur, dried tarragon, chicken broth, and salt. Bring to boiling. Reduce heat. Cover and simmer 15 minutes or till done. Makes 8 servings.

Mrs. Barbara Milne, San Diego, Calif.



Almond Apricot Cake

If you can't find the pastry filling, decorate the cake with plain whipped cream. Add a few drops of almond extract or 2 teaspoons of Amaretto if you like—

- **1 package 2-layer white cake mix**
- **1 12-ounce jar apricot preserves**
- **2 tablespoons Amaretto**
- **1½ cups whipping cream**
- **⅓ cup almond cake and pastry filling**
- **Sliced almonds, toasted (optional)**

Prepare and bake cake mix according to package directions, using two 8x8x2-inch baking pans. Cool 10 minutes on wire racks. Remove from pans; cool. Cut layers in half horizontally, forming four layers. Stir together preserves and Amaretto.

To assemble, spread one cake layer with *one-third* of the apricot mixture. Repeat with 2 more layers and the remaining apricot mixture. Top with final layer. Beat cream to soft peaks. Gently fold in the almond filling. Using pastry tube and decorative tip, pipe whipped cream mixture over top and sides of cake. Garnish cake with toasted almonds. Chill. Makes 12 servings.

Mary K. Ferguson, Shrewsbury, Mass.



Royal Chocolate Cake

Grease and flour two 9x1½-inch round baking pans. Combine 2 cups *all-purpose flour,* 1 teaspoon each *baking powder* and *soda,* and ½ teaspoon *salt.* Beat ½ cup *butter* or *margarine* 30 seconds. Add 1½ cups *granulated sugar* and 1 teaspoon *vanilla;* beat well. Add 2 *eggs,* beating 1 minute after each. Blend in 2 squares *unsweetened chocolate,* melted. Add dry ingredients and 1 cup *water* alternately to beaten mixture; beat well. Turn into pans. Bake in 350° oven 30 to 35 minutes. Cool 10 minutes. Remove. Cool. Spread Filling between layers. Frost. Serves 12.

Filling: Combine ¾ cup *water,* ½ cup *light raisins,* ½ cup *chopped dates,* ¼ cup *granulated sugar,* 2 tablespoons chopped *maraschino cherries,* 1 tablespoon chopped *candied ginger,* and 1 tablespoon *cornstarch.* Cook till bubbly. Stir in 1 teaspoon *lemon juice.*

Frosting: Beat ⅓ cup *butter* or *margarine* till fluffy. Beat in ¾ cup *sifted powdered sugar,* 1 *egg,* and 1 teaspoon *vanilla.* Add ¾ cup *sifted powdered sugar;* beat smooth. Beat in 2 squares *unsweetened chocolate,* melted, till fluffy.

Mrs. Dorothy M. Stranix, Victoria, B.C.

WIN $10,000

IN THE Velveeta SLICES "FIX·A·SANDWICH" GAME



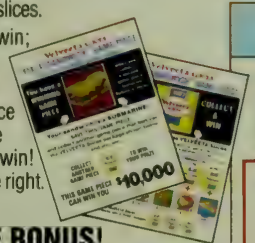


Look for this specially marked package of Velveeta slices process cheese spread in your grocer's dairy case. One game piece is packed inside.

HERE'S HOW TO PLAY

KRAFT

- One game piece is packed inside each specially marked package of Velveeta slices.
- Two game pieces are required to win; one picturing a sandwich, the other picturing a Velveeta slices package.
- Just pair any sandwich game piece with a Velveeta slices package game piece (or see bonus below) and you win! See the complete prize schedule to the right.



EVERYONE CAN WIN THE BONUS!

- Win the Grand Prize of $10,000 or other prizes of $1,000, $100, $10 or a coupon good for a free 12 oz. package of Velveeta slices, depending on which pair of game pieces you match.
- BONUS: Collect three Velveeta slices package game pieces and receive a coupon from Kraft for a free 12 oz. package of Velveeta slices.

Collect 2 game pieces in any of the combinations shown below and win!

	GRAND PRIZE	FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	FOURTH PRIZE
Pair one of these	Velveeta SLICES	Velveeta SLICES	Velveeta SLICES	Velveeta SLICES	Velveeta SLICES
with one of these	+	+	+	+	+
and win this	$10,000	$1,000	$100	$10	"FREE" COUPON

BONUS! 3 VELVEETA Slices Game Pieces win a "Free" Coupon



OFFICIAL RULES—NO PURCHASE NECESSARY

1. One game piece is packed inside each specially marked VELVEETA Slices Pasteurized Process Cheese Spread package, or request a game piece while supplies last before 6/30/84, by sending self-addressed, stamped envelope to VELVEETA Slices Fix-A-Sandwich Game, P.O. Box 110416, Chicago, IL 60611. Washington State residents may omit stamp on envelope. Two game pieces are required to win, one picturing a sandwich, the other picturing a VELVEETA Slices package. Pair any sandwich with a VELVEETA Slices package and win the prize corresponding to that sandwich. See above chart for prize levels. Odds of winning: Grand—1:15,006,113; First—1:1,500,611; Second—1:150,061; Third—1:15,006; Fourth—1:3,001. Game starts 1/1/84; ends 9/30/84. VOID IN WISCONSIN and wherever else prohibited, licensed or otherwise restricted.

2. To claim your prize, hand-print your name, address (zip) on 3" x 5" paper and send along with the two paired game pieces to VELVEETA Slices Fix-A-Sandwich Prize Claims, P.O. Box 110228, Chicago, IL 60611. Grand, First, Second prize claims must be sent via certified mail, return receipt requested. All claims will be acknowledged by mail one week after receipt. All claims must be received by 9/30/84. Game pieces that are forged, tampered with or mechanically reproduced are void. Winning pieces are subject to verification.

3. Free Coupon Bonus. Collect any three VELVEETA Slices package game pieces and get a coupon good for a free 12-oz. VELVEETA Slices Pasteurized Process Cheese Spread package. Send your name, address (zip) on 3" x 5" paper with your 3 game pieces to FREE VELVEETA SLICES COUPON, P.O. Box 2646, Highland Park, IL 60035. You will also be automatically entered in the Second Chance drawing if coupons are submitted by 8/31/84.

4. Second Chance Drawing. All unclaimed prizes will be awarded in a random drawing conducted by Product Exposure, Inc. Hand-print your name, address (zip) on 3" x 5" paper, mail separately to VELVEETA Slices Fix-A-Sandwich Game Second Chance Sweeps, P.O. Box 11387, Chicago, IL 60611. Entries must be received by 9/30/84. Drawing will be held by 10/15/84, and winner notified by 11/30/84. Odds of winning are determined by number of entries received and number of unclaimed prizes. One Grand, First, Second, Third prize per household.

5. Sweepstakes open to residents 18 years or over of U.S.A., Puerto Rico, APO/FPO addresses. ALL FEDERAL, STATE, LOCAL TAXES ARE WINNERS' RESPONSIBILITY. Game pieces and entries are Kraft, Inc. property; none returned. Kraft is not responsible for lost/late mail. Judges' decisions final in all matters. Employees of Kraft, Inc., its affiliates, advertising agency, judges, game material suppliers and their immediate families living in the same household are not eligible. No prize substitutions or transfers. Proof of eligibility may be required.

6. For Grand, First, Second Prize Winners' List, send a self-addressed, stamped envelope to VELVEETA Slices Fix-A-Sandwich Game Winners' List, P.O. Box 11431, Chicago, IL 60611.

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My Turn To Cook

Herbed Chicken a la Français



Mike Gauvin's mother believed in raising sons who would be good husbands. "Teaching me how to cook three meals a day for myself was probably the smartest thing my mother could have done," says Mike.

Mike's love of good food draws him to the kitchen frequently. Here he does most of the family cooking.

He has honed his culinary skills to what he describes as a gourmet status. "I can analyze most things I eat when dining out," notes Mike. "Then I go home, experiment, and try to duplicate the recipe in my own kitchen."

About his winning recipe, Mike says, "The recipe has no particular roots other than my kitchen." A fish entrée with a similar topping was the inspiration.



HERBED CHICKEN A LA FRANÇAIS

- **4 whole large chicken breasts, skinned, halved lengthwise, and boned**
- **4 green onions, sliced**
- **¾ teaspoon dried tarragon, crushed**
- **2 tablespoons butter *or* margarine**
- **½ cup dry white wine *or* chicken broth**
- **1 egg white**
- **⅔ cup mayonnaise *or* salad dressing**
- **Grated Parmesan cheese**
- **Snipped parsley**
- **Hot cooked carrots (optional)**

Arrange chicken in a 13x9x2-inch baking dish. Or, place each portion in an individual baking dish. Sprinkle green onions and tarragon atop. Dot chicken with butter or margarine. Season with salt and pepper. Add wine.

Bake, uncovered, in a 350° oven 30 minutes; remove from oven. Beat egg white to stiff peaks. Fold in mayonnaise. Spoon mixture atop the chicken and sprinkle with Parmesan. Return to oven; bake for 12 to 15 minutes more or till light brown. Before serving, sprinkle chicken with parsley. Serve with carrots. Makes 8 servings.

Buying information, page 65.

Photographs: Right, Mike Dieter; left, Dorothy Neaton

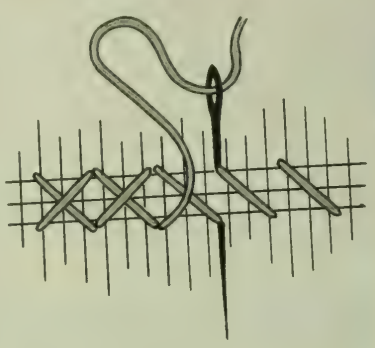
WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. Send in your favorite original recipe. If yours is selected for the "My Turn to Cook" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "My Turn to Cook," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.

begins on page 79

The pleasures of cross-stitch

General instructions: The projects on pages 79-83 are made with one basic embroidery stitch—the cross-stitch. Begin cross-stitching by making a stitch that slants from lower right to upper left, using the weave of the fabric to establish size and placement (see diagram, *right*). Repeat this slanting stitch consistently until you reach the end of a row. Make sure each stitch is the same size by counting and spacing stitches correctly. Once you reach the end of a row, work back across the half cross-stitches with a row of stitches that slants from lower left to upper right (see diagram). This two-step combination will result in an X shape. For specific how-to, see instructions below.



CHAIR SEAT, page 79

Materials: Round chair seat; 7-count needlepoint canvas; rug yarn in colors noted in color key; quilt batting; needlepoint frame or artist's stretcher strips; staple gun; graph paper; and felt tip marking pens.

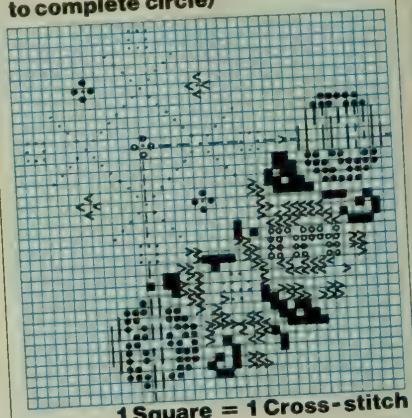
Instructions: Trace outline of chair seat onto graph paper marked 3½ squares per in. Chart pattern *(right)* onto graph paper using felt tip marking pens. Complete design by flopping ring of roses to make entire wreath (center of wreath is yellow latticework).

Mount canvas onto needlepoint frame or artist's stretcher strips. Using one strand of rug yarn, work each cross-stitch over two threads of canvas.

Stitch floral, leaf, and lattice motifs; fill in background with white cross-stitches, working extra rows around outside edge of design. (Design may be made to accommodate any size chair seat, round or square, by filling in background stitches around motif.)

Block and trim needlepoint canvas, leaving 2 in. of unworked canvas around design. Cut several layers of quilt batting to size of chair seat. Cut white fabric lining to size of canvas. Place batting on top of chair seat, cover

(continue rose wreath to complete circle)



1 Square = 1 Cross-stitch

COLOR KEY:

- ● Red
- < Purple
- o Lavender
- | Pink
- > Dk. green
- ■ Green
- • Yellow

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with lining fabric, staple in place. Center stitchery on top of chair seat and staple in place, pulling canvas taut around chair seat.

DRESS YOKE, page 79

Materials: Commercial dress pattern with yoke inset; fabric and notions required for pattern; broadcloth; 10-count waste canvas (refer to pattern for yardage amounts required for yoke); and embroidery floss.

Instructions: Cut pattern pieces from dress fabric, *except* yoke; transfer seam and cutting lines of yoke onto graph paper (marked in increments of ten squares to the inch).

Trim yoke using half of overall place mat pattern *(page 128)*. Locate center of width of both graph paper pattern and cross-stitch pattern. Chart design onto graph paper using felt tip marking pens. Do not chart pattern in seam allowance. (*Note:* Charted pattern may need minor adjustments to fit yoke.)

Fill empty yoke area with lattice pattern and small flowers.

Using dressmaker's carbon paper, transfer seam and cutting lines of graph paper pattern onto white fabric; do not cut out.

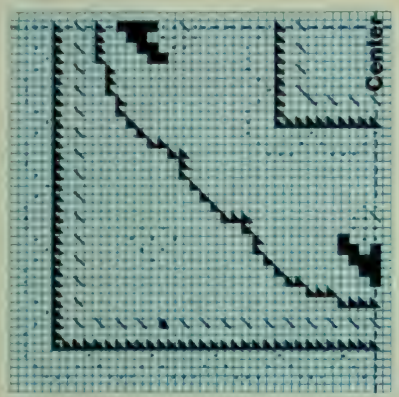
Baste waste canvas to fabric yoke. Use three strands of floss to work cross-stitches. Work design starting in center of neckline. When stitching is completed, moisten waste canvas and remove threads; cut out yoke.

Assemble dress according to pattern.

MONOGRAM PILLOW, page 83

Finished size is 12x12 in.

Materials: 8x8 in. white 14-count Aida cloth; light blue, medium blue, green, and yellow embroidery floss; embroidery hoop; tapestry needle; three shades of blue print fabrics; backing fabric; 1½ yds. of yellow piping; No. 5 yellow pearl cotton floss (for quilting); polyester fiberfill; graph paper; felt tip marking pens; and masking tape.



1 Square = 1 Cross-stitch

COLOR KEY:

- ◣ Med. blue
- ■ Green
- ╲ Lt. blue
- • Yellow

Instructions: Chart pattern *(left)* onto graph paper using felt tip marking pens. This is ¼ of completed design. Flop pattern to complete design. Chart initial in center square using cross-stitch alphabet that yields letters measuring about 1 in. square.

Tape raw edges of Aida cloth to prevent raveling. Separate embroidery floss, use two strands to work cross-stitches. Center Aida cloth in embroidery hoop and begin stitching in center of pattern. Stitch entire design, working one area of color at a time.

Trim fabric ½ in. from scalloped edge of stitched square. Cut 2½-in.-wide strips from blue print fabrics (includes ½ in. for seam allowances).

Sew fabric strips to stitchery in log-cabin-style. Quilt ¼ in. from all seam lines using single strand of yellow pearl cotton floss.

Sew piping around edge of pillow top. With right sides facing, stitch front and back pieces together, leaving an opening for turning. Turn, stuff, and slip-stitch opening closed.

continued



continued

The pleasures of cross-stitch

SAMPLER PILLOW, page 82

To order kit for cross-stitch sampler pillow, see page 154.

Finished size is 10x10 in., excluding ruffle.

Materials: 14x14 in. white hardanger *and* backing fabric; embroidery floss in colors noted in color key; 1½ yds. *each* 2- and 3½-in.-wide eyelet lace; 1½ yds. 1-in.-wide self-pleated, blue satin ribbon; polyester fiberfill; embroidery hoop; tapestry needle; graph paper; felt tip marking pens; and masking tape.

Instructions: Chart pattern *(below)* onto graph paper using felt tip marking pens. Complete pattern by finishing border design. Tape raw edges of fabric to prevent raveling.

Separate embroidery floss and use two strands to work cross-stitches over two threads of hardanger.

Locate center of diagram; center fabric in embroidery hoop and begin stitching here. Stitch entire design according to pattern, working one area of color at a time.

Layer pleated ribbon on top of eyelet laces, placing the widest eyelet on the bottom; baste layers together along top edge. Sew lace edgings to cross-stitch pillow top.

With right sides facing, stitch front and back pillow pieces together, leaving an opening for turning. Turn, stuff with polyester fiberfill, and slip-stitch opening closed.



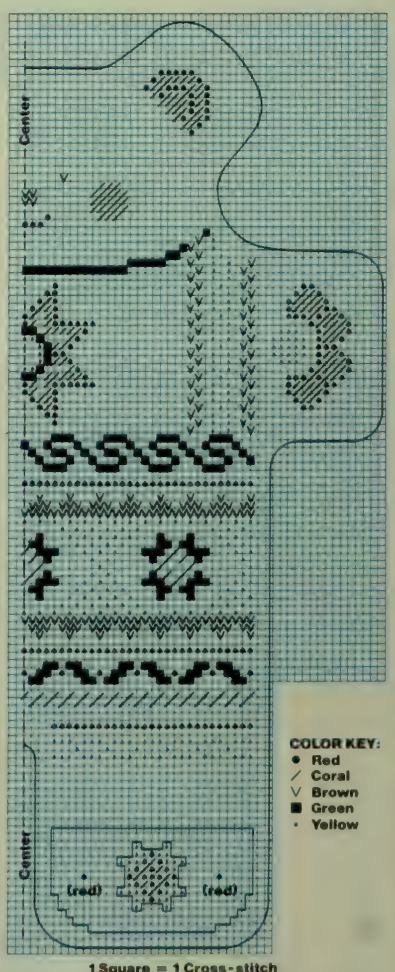
TEDDY BEAR, page 82

To order kit for cross-stitch teddy bear, see page 154.

Finished size is 10 in. tall.

Materials: 14x14 in. white 11-count Aida cloth; No. 5 pearl cotton embroidery floss: red, coral, yellow, green, and brown; red rickrack; polyester fiberfill; ⅓ yd. red calico print (backing fabric); tapestry needle; embroidery hoop; water-erasable marking pen; graph paper; and felt tip marking pens.

Instructions: Chart pattern *(below)* onto graph paper using felt tip marking pens. To complete pattern, flop image to left of center line.



Locate center of pattern; place fabric in embroidery hoop and begin stitching. Work each cross-stitch over one square of Aida cloth.

After stitching is complete, transfer teddy bear outline to Aida cloth using water-erasable marking pen. Using sewing thread in a contrasting color,

continued

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continued

The pleasures of cross-stitch

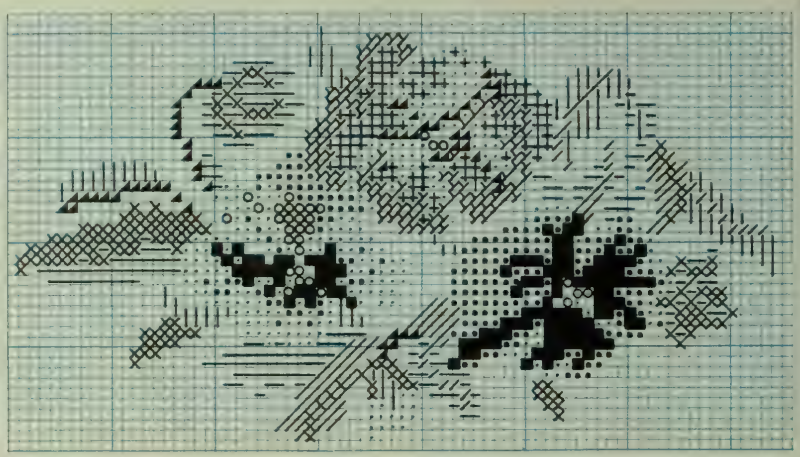
work basting stitches along teddy bear outline. By machine, zigzag-stitch ½ in. beyond basting threads, except for area between legs. Cut out teddy bear staying close to machine stitching; clip legs.

Place front of bear on calico fabric and cut around it for backing. Carefully clip legs to separate them.

Center red rickrack on basting stitches and stitch in place. Press rickrack toward inside of basting stitches.

With right sides facing, stitch front and back pieces together, leaving an opening for turning. Do not catch rickrack in seam while stitching.

Clip seams, turn, and press; stuff and slip-stitch opening closed.



COLOR KEY — 1 Square = 1 Stitch

☒ Dark green	⊟ Olive green	⊞ Gold	
◸ Green	◎ Orange	■ Black	⊡ Lavender
◫ Bright green	◰ Yellow	◢ Rust	◉ Purple

PANSY SWEATER AND RUG, pages 80 and 81

Finished size of rug is 25½x40 in.

Materials: *Sweater:* Knitted sweater; 3-ply Persian wool yarn in colors noted in color key; tapestry needle; graph paper; and felt tip marking pens.

Rug: 27½x42 in. 4-count rug canvas; 44-in.-wide fabrics (see rug instructions for colors and amounts); 2 yds. 44-in.-wide white cotton fabric; rug binding; large-eyed needle; graph paper; felt tip marking pens; and masking tape.

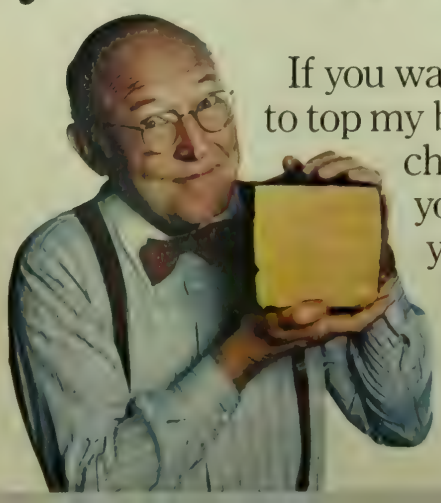
Instructions: *Sweater:* Use pattern *(above)* to embellish front of sweater. Before charting pattern, be sure sweater is large enough to accommodate entire design. (*Note:* One knitted stitch equals one square of graph paper; if design is too large, eliminate certain elements of the design.)

Chart pattern onto graph paper using felt tip marking pens.

Locate horizontal center of both sweater and pattern *and* begin stitching just below neckline.

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Using 1-ply strands of yarn, work one cross-stitch over one knitted stitch of sweater. Stitch without a hoop so tension matches that of garment.

Pearl cotton or embroidery floss may be substituted for wool; however, thread weight should equal yarn weight used for sweater.

To block, press with a clean, damp cloth and a moderately hot iron.

Rug: Chart pattern *(page 124)* onto graph paper using felt tip marking pens. Eighteen colors of printed fabrics, plus white, were used for rug shown on *page 80*. Select fabric colors as desired, using color key as a guide.

Wash fabrics to remove sizing and check for colorfastness. Cut fabrics into 1-in.-wide strips that measure 44 in. long. (*Note:* ½ yd. of 44-in.-wide fabric yields 18 strips; each 44-in. strip of fabric yields approximately 14 *worked* cross-stitches on canvas. For accurate yardage amounts, count the number of cross-stitches required for *each* color.)

Bind raw edges of canvas with masking tape to prevent raveling.

Fold and press each 1-in.-wide strip in half lengthwise to define center. Open strips flat, then press raw edges toward center. Refold strips and press.

Work rug without a frame for ease and flexibility; work each cross-stitch over one thread of canvas.

When floral and leaf motifs are completed, work background in white cross-stitches. Work two rows of cross-stitches around rug for border, using four shades of lavender print fabrics.

Turn raw edges of canvas under and baste to back of rug. Sew binding to canvas along front edges, starting in center of one side; keep as close to first row of cross-stitches as possible. Sew binding to back of rug; miter corners.

PLACE MATS AND NAPKINS, pages 79 and 81

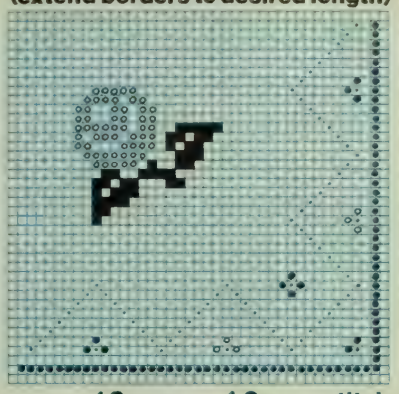
To order kit for place mats and napkins, see page 154.

Finished size of each place mat is 13x18 in. Finished size of each napkin is 14¾x14¾ in.

Materials: White hardanger: 16x21 in. for *each* place mat, 18x18 in. for *each* napkin; yellow embroidery floss; red, purple, and green variegated embroidery floss; tapestry needle; embroidery hoop; graph paper; and felt tip pens.

Instructions: Chart patterns *(right and page 128)* onto graph paper using felt tip marking pens. The place mat pattern is ¼ of total design; flop pattern to complete design. To complete napkin design, extend outside borders (each edge of the square is 103 stitches).

(extend borders to desired length)



1 Square = 1 Cross-stitch

COLOR KEY:

- ● **Red**
- ■ **Green**
- ○ **Lavender**
- • **Yellow**

Use three strands of embroidery floss to work stitches over three threads of hardanger fabric.

For both place mats and napkins, begin stitching red border in upper left-hand corner of fabric, starting 1½ in. from edge of fabric.

To finish, baste 1¼-in. from edge of stitchery; by machine, zigzag-stitch

continued on page 128





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CRAFTS

Quick and Easy Crocheted Clutch



This stylish crocheted purse does double duty. Use it as a handy holder for odds and ends in a large bag, or as a stunning clutch bag all on its own. Ours is made of natural six-ply jute and sports a subtle ridge of accent color all around the outer edge. The finished bag measures 7x11 inches.

To crochet our clutch you'll need: about 100 yards of six-ply jute *or* 100 yards 5/32-inch macrame welt cord for main color; 5 yards second color jute *or* welt cord; size K crochet hook.

Gauge: 3 hdc = 2 inches; 2 rows = 1 inch.

Row 1: With main color, ch 14. Hdc in second ch from hook and in each ch across. Ch 2, turn.

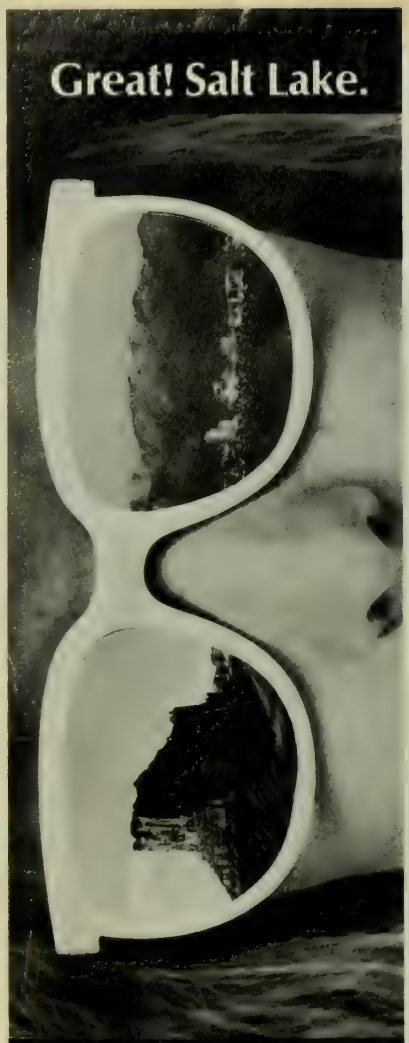
Row 2: Hdc in each hdc, ch 2, turn. Work even by rep Row 2 until you have a total of 34 rows. End off.

Edging: Row 1: With Second color, attach jute in corner sp of last row completed, sc in same sp, sc in each hdc along long side. In next corner sp make 2 sc, sc in each hdc along short end, 2 sc in next corner sp, sc in each hdc along long side. In next corner sp make 1 sc, sc in each hdc along short end, ending with sl st in first sc. End off.

Row 2: Attach main color where sl st was just made and rep Row 2 of edging. End off.

Finish: Having rounded corners for the flap, fold up lower ⅓ of purse (right sides facing) and sl st sides together. Turn purse to right side, fold upper ⅓ down to form flap. If desired, add button or frog closure.

Photograph: Hopkins Associates



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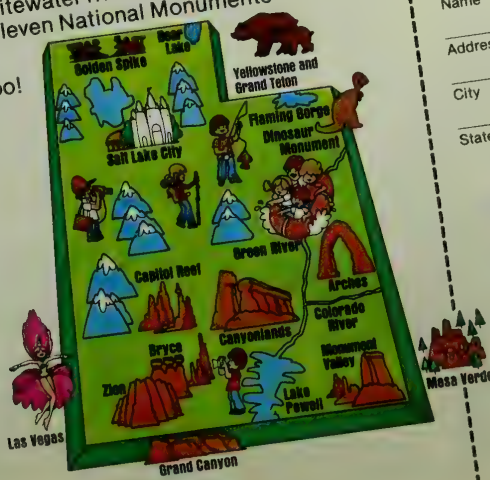


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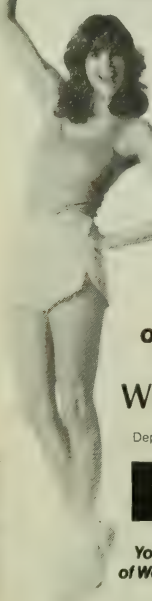
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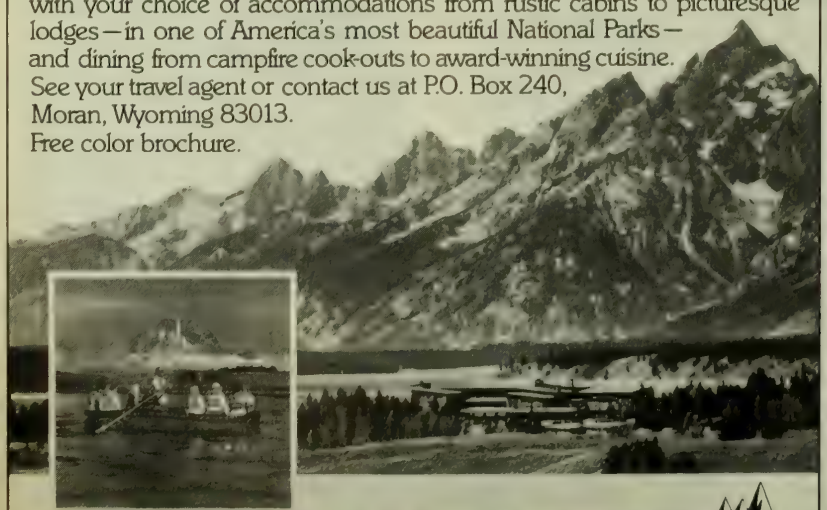
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TRAVEL WEST

Computer Country: A San Francisco Side Trip

Families vacationing in the San Francisco area, especially those with an interest in home computers, should consider a side trip 50 miles south to Silicon Valley. Many U.S. computers are manufactured in this cradle of electronic technology, which encircles the city of Santa Clara with shiny, futuristic corporate structures. There's also a variety of computer-related attractions that families can enjoy year round.

Architectural overview

To get your bearings, take a self-guided driving tour of some of the high-tech palaces, which stand in contrast to this picturesque farming region. Many belong to major computer companies: the shimmering black cube-shaped building of Digital Equipment Corporation (2525 Augustine Dr., Santa Clara); the wedge-shaped, earth-sheltered structure of Dysan Corporation (Patrick Henry Dr. and Bunker Hill Ln. in Santa Clara); and the striking red, white, and blue Qume Building (2350 Qume Dr., San Jose). Most companies don't offer public tours due to the competitive nature of their operations.

Computer fairs

If you time your visit right, you can get in on the granddaddy of U.S. computer extravaganzas: The West Coast Computer Faire, March 23 through 25, at Civic Auditorium/Brooks Hall in San Francisco. You'll see scores of manufacturers exhibiting the latest in computer hardware and software products (admission tickets $10 per day).

continued

TRAVEL PLANNING

See page M2 for a listing of free travel information and literature you can order.

For more details, call the Computer Faire office (415/364-4294) or the San Francisco Convention and Visitors Bureau (415/974-6900). Both also can tell you about smaller computer fairs. Some are industry-wide shows, others cater to particular users, such as the Applefest for Apple computer owners.

Not surprisingly, Silicon Valley boasts a wide variety of retail computer stores. If you'd simply like to try out computer equipment, visit Computer Capers (2540 California Ave., Mountain View), where you can rent time on computers and receive instruction.

High-tech tours

Other high-tech attractions include tours of space-age electronics facilities within a few miles of Santa Clara. You'll discover how computers influenced aircraft design and space exploration at the NASA-Ames headquarters in Mountain View. Call for reservations on the free tour, which takes you through a wind tunnel, a flight-simulation facility, and a hangar of experimental aircraft (415/965-6497; kids fourth grade and up allowed).

For a look at the pioneering of Silicon Valley's electronics industry, visit The Foothill College Electronics Museum in Los Altos Hills. Youngsters especially like its hands-on exhibits of old-fashioned radio tubes and transmitters and modern-day computers.

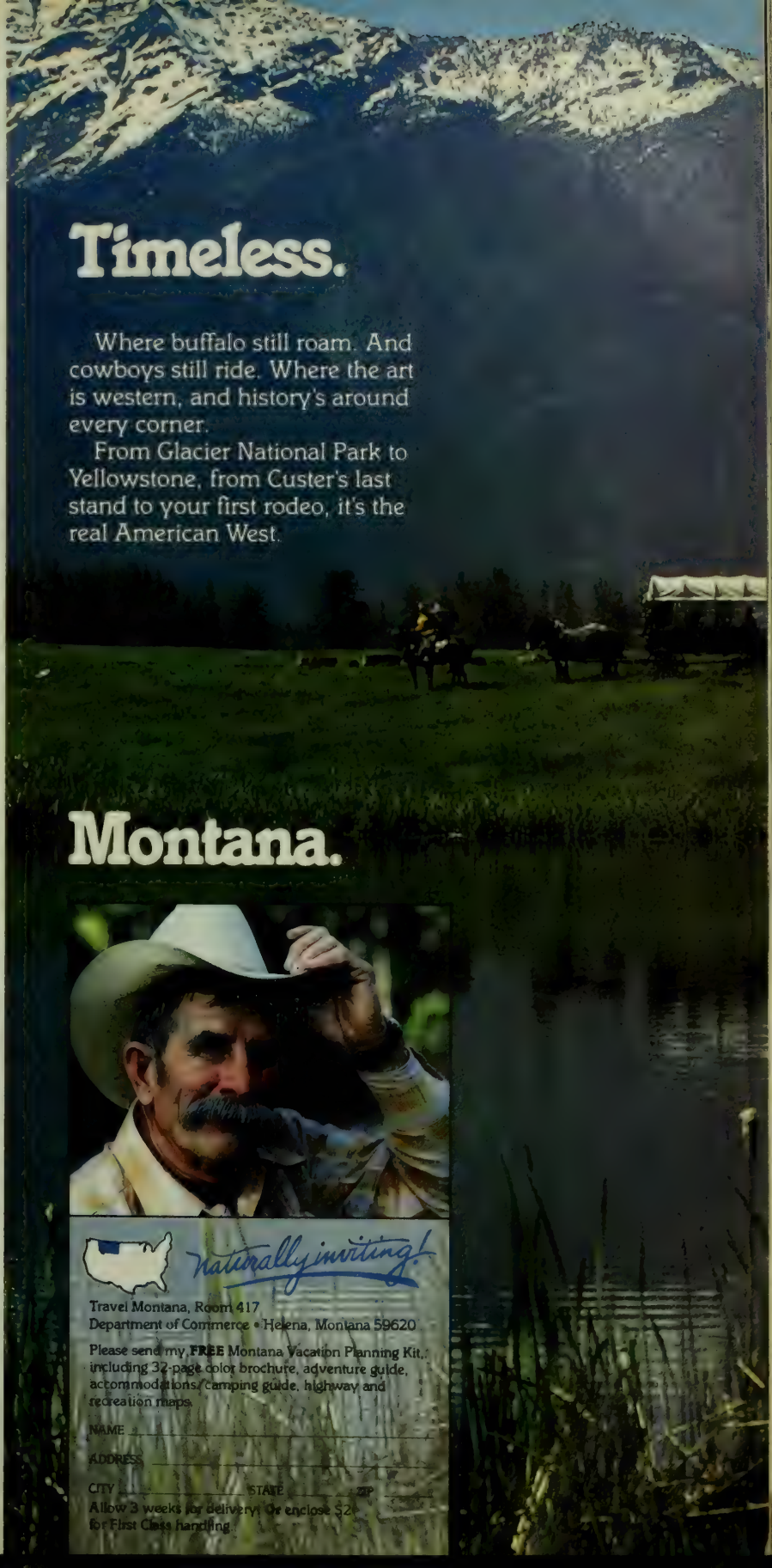
You can look up every invention that's ever been patented at The Patent Information Clearinghouse in Sunnyvale. Personnel are on hand to assist you and to explain the patent process.

Lodgings and eateries

Close by, up to three kids under 18 can stay free in their parents' room at a couple of lodgings—the Marriott Hotel, close to Great America theme park in Santa Clara (doubles $70) and the brand-new Red Lion hotel in San Jose (doubles from $95 to $115). Also in San Jose, kids' menus are available at The Laundry Works, specializing in pork ribs, and the Old Spaghetti Factory, serving every kind of pasta imaginable.

For more information

To find out more about the Silicon Valley area, write to the San Jose Convention and Visitors Bureau, Box 6178, San Jose, CA 95150. BHG



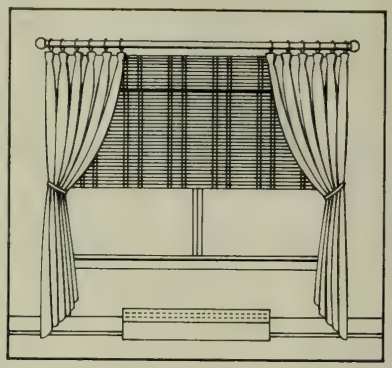
Window Cover-Ups

Here's how you can dress a window that's above a heat source without blocking the warm airflow.

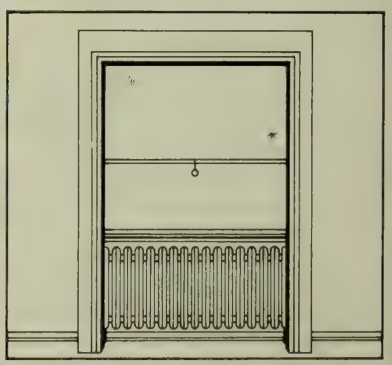
For a window above a baseboard register, stationary tiebacks like the ones shown here *(right)* work better than standard floor-length draw draperies. The panels have the same decorative impact as standard draw draperies but don't interrupt the flow of warm air into the room.

A woven-wood shade mounted outside the window casing provides privacy and also helps reduce heat loss through the window.

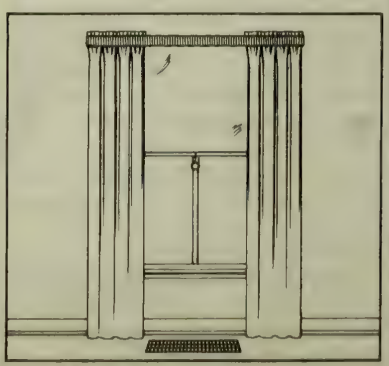
For a more formal look, you can replace the woven shades with apron-length draw draperies. Then add a fabric-covered or wood cornice.



This tailored window treatment *(below)* camouflages an unsightly old radiator without blocking the heat output. A lambrequin frames both the window and radiator. A roller shade mounted outside the window casing, completes the stream-lined treatment and helps reduce drafts.



To keep these floor-length curtains *(below)* from covering up a floor register, the curtain rod was extended beyond the window casing so the fabric panels hang at the sides of the window. A fabric "sleeve" shirred onto the exposed midsection of the rod adds a finished look to the treatment. A simple roller shade provides privacy.



Drawings: Picard Didier



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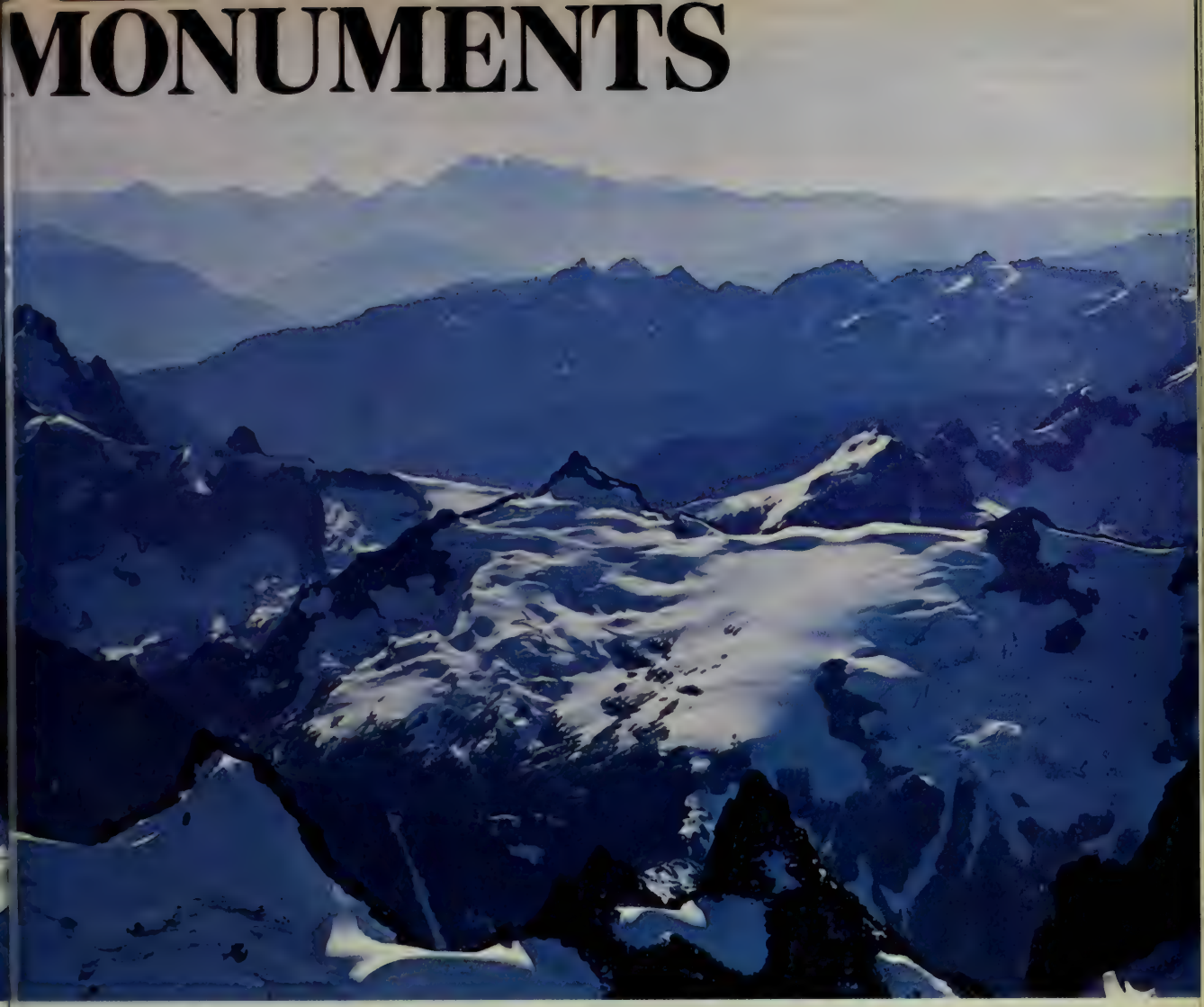
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DECORATING

Loft Strategies





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The key to this scheme's success is a built-in cantilevered shelf that wraps around two walls of the room *(top)*. In addition to storing and displaying books, plants, and accessories, the 18-inch-wide plywood shelf supports plump pillows for casual daytime lounging on the pullout bed. To minimize its protrusion, the ledge is finished to blend with the neutral-colored walls and its supports are concealed. At one end of the room, the ledge doubles as a handy desk. A drawer fitted into the shelf keeps pens and paper nearby, and a wall-mounted lamp provides illumination for both the desk and bed areas.

Space-saving furnishings, like the portable storage bin and foldaway drawing table *(above)*, turn the room's small alcove into an efficient work station. The cantilevered shelf continues into the alcove, providing additional room for spreading out papers and books.

Photographs: Steve Fridge. Design: Jeff Werner, ASID. Field editor: Barbara East Cathcart

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You can make short work of cooking chores when you have a kitchen storage system that coddles you with convenience. If your storage system falls short, why not reprogram it with at-the-ready storage units? Here's a bevy of clever ideas we gleaned from one remodeled kitchen.

Lazy-Susan TV shelf

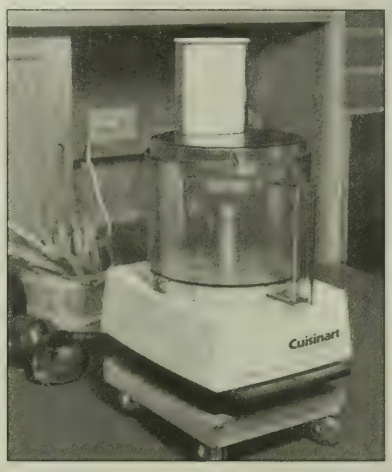
If your favorite TV show coincides with KP duty, mount a small portable TV set on a pullout shelf in one of your wall cabinets. The shelf shown here *(below)* is fitted with a lazy-Susan unit, recessed into a circular one-inch-thick wooden base. That way, the TV screen can be aimed at one of several work stations or toward the dining area. When it's not in use, the TV set can be



rolled back on its shelf and concealed behind a pair of cabinet doors.

Appliance garages

The sliding doors under the TV shelf conceal a pair of appliance garages. Each garage is equipped with a wooden dolly mounted on ball casters *(above right)*, so the appliance rolls out with fingertip ease. The dolly platform is constructed from a half-inch-thick block of wood measuring 7x9 inches that was salvaged during construction of the cabinets. One-inch trim glued flush with the top surface of the block extends ½ inch below the bottom to form a "skirt" around the casters. The appliance plugs into a handy duplex outlet mounted in the center of the



back wall inside the garage, and can be left on the dolly even while in use. (The weight of the machine holds it steady while it's operating.) And the appliance cord stays out of the way behind the unit or inside the garage instead of snaking across the work area.

Spice rack

To the right of the appliance garages is the built-in cooktop. A small sliver of space adjacent to the cooktop accommodates a handy built-in spice rack *(below left)*. To make the inexpensive store-bought rack look custom-made, it was



mounted under a narrow shelf that provides extra space for condiments or small display items. The shelf, which was constructed from a 1x4-inch scrap of red oak left over from the remodeling project, was sized to match the rack.

Bakeware drawers

Beneath the cooktop are deep drawers especially designed for storing large baking and serving pieces. For quick access, base-cabinet storage throughout the kitchen features easy-glide drawers instead of shelves. Full-extension hardware mounted on the sides of the drawers brings the contents into full view and within easy reach.

Roll-out trash bin tray

Before the days of recycling, one kitchen trash bin under the sink or in the pantry was enough. But nowadays it's important to keep the trash sorted into three separate bins—one for glass, one for paper, and one for aluminum. To facilitate the sorting and storing until pickup day, the space under the sink was fitted with a 30x24-inch cabinet drawer designed to hold three standard-size kitchen trash containers *(above)*. The drawer was divided into three compartments to help hold the bins in place and mounted on full-extension hardware so that each bin can be filled or lifted out easily.



Photographs: Fred Lyon
Architect: Peter Goize, Metamorphosis
Field editor: Helen Heitkamp

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And the Pacific Salmon Salad shown here is just one savory way to serve Libby's Salmon.

Pacific Salmon Salad

Chill can of Libby's Pacific Sockeye Red Salmon. Drain. With fork, separate the salmon into flaky, bite-size pieces. Line salad plate with assorted greens. Arrange avocado slices, hard-cooked egg quarters, Libby's Pitted Ripe Olives, cucumber slices and cherry tomato halves over greens. Mound salmon in center of plate, sprinkle with green onion slices. Garnish with fresh dill or watercress. Serve with buttermilk ranch style salad dressing.

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Classy Decor For a Guest Bath





Dressing up a guest bath without major remodeling calls for effective cosmetic treatments. Here, crisp fabric cover-ups do the honors.

Glazed cotton chintz, gathered into flounces for the sink and window, sets a regal mood for this guest bath *(top)*. The billowy balloon shade has a shirred heading for extra softness.

For lazy lounging after a bath or shower, an idle corner is outfitted with a deeply cushioned couch *(above)*. The rich gathers of the chintz slipcover echo the fullness of the shade.

Photographs: Ernest Braun. Design: Hilary Beyer, ASID
Field editor: Barbara East Cathcart

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Tasty Ways to Use Buckwheat

Buckwheat, once a pioneer staple, is making a big comeback as more and more people rediscover its unique flavor and remarkable versatility. Unroasted buckwheat kernels, called *groats*, are sold whole or ground as grits and flour. For the best texture in baked goods, always combine buckwheat with whole wheat or all-purpose flour.

The roasted buckwheat kernels are called *kasha* and are sold whole or ground. Use nutty-flavored kasha as you would rice in side dishes or oatmeal in baked goods, and as a meat extender in main dishes. To get acquainted with this hearty, inexpensive grain, try one or all of the recipes below.



BUCKWHEAT BREAD

Egg white makes the tops of the bread loaves glisten—

3 to 3½ cups all-purpose flour
2 packages active dry yeast
1½ teaspoons salt
1½ cups warm water (115° to 120°)
¼ cup honey
3 tablespoons cooking oil
1½ cups buckwheat flour
1 slightly beaten egg white

In large mixer bowl combine *2 cups* of the all-purpose flour, the yeast, and salt. Combine warm water, honey, and cooking oil. Add to flour mixture. Beat at low speed of electric mixer ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in buckwheat flour and as much of the remaining all-purpose flour as you can mix in with a spoon. Turn out onto a lightly floured surface; knead in enough of the remaining all-purpose flour to make a moderately stiff dough (6 to 8 minutes total). Shape into a ball. Place in lightly greased bowl; turn once to grease surface. Cover; let rise in warm place till double (about 1 hour). Punch dough down; turn out onto floured surface. Divide in half. Cover; let rest 10 minutes. Shape into two 5-inch round loaves or two 8x4-inch oblong loaves. Place on greased baking sheet. Cover; let rise till almost double (about 25 minutes). Bake in a 375° oven for 30 minutes, covering with foil after 15 minutes to prevent overbrowning. Brush with egg white. Remove to wire rack; cool. Makes 2 loaves.

SPICY APPLE KASHA MUFFINS

1 cup apple cider *or* juice
¾ cup finely ground uncooked kasha
1 egg
¼ cup cooking oil

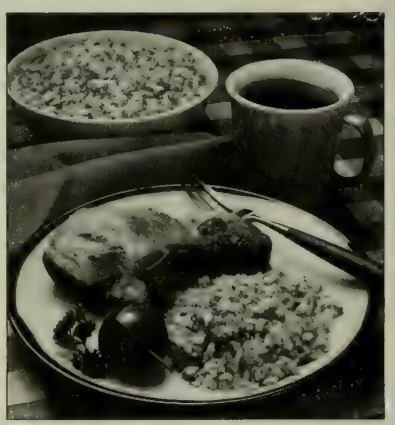
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1½ cups all-purpose flour
⅓ cup packed brown sugar
2 teaspoons baking powder



½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground ginger
1 cup finely chopped, peeled apple

In a mixing bowl pour apple cider or juice over kasha. Let stand 5 minutes. Add egg and cooking oil; mix well. Stir together flour, brown sugar, baking powder, baking soda, salt, cinnamon, and ginger. Add to kasha mixture, stirring just till moistened. Fold in apple. Spoon batter into greased or paper-bake-cup-lined muffin cups; fill ⅔ full. Bake in a 400° oven for 20 to 25 minutes. Serve warm. Makes 12 to 15.



HERBED KASHA PILAF

Substitute this distinctively flavored mixture of kasha and rice for potatoes at your next meal—

1 medium onion, chopped (½ cup)
3 tablespoons butter *or* margarine
1 beaten egg
⅓ cup coarsely ground uncooked kasha

• • •

1½ cups water
⅓ cup long grain rice
2 teaspoons instant chicken bouillon granules
½ teaspoon dried basil, crushed
2 tablespoons snipped parsley

In a 2-quart saucepan cook the chopped onion in butter or margarine till onion is tender but not brown. Remove saucepan from heat. In a bowl stir together the egg and the uncooked kasha. Add to cooked onion in saucepan; stir mixture till kasha grains are well coated.

Stir water, uncooked rice, chicken bouillon granules, and basil into the kasha mixture in the saucepan. Return to heat. Bring mixture to boiling; reduce heat. Cover and simmer about 15 minutes or till the kasha and rice are tender. Before serving, stir in the snipped parsley. Makes 4 servings.

Photographs: Mike Dieter

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In Your Favorite Casseroles

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ADD FLAVOR & ADD CRUNCH



Stir in ½ can French Fried Onions; bake as usual.



Top with remaining onions during last 5 minutes of baking.

Ground Beef 'N Tater Casserole

- 1 pound ground beef
- 1 package (9 oz.) frozen cut green beans, cooked and drained
- 1 can (10¾ oz.) condensed tomato soup
- ¼ cup water
- ½ teaspoon salt
- ⅛ teaspoon Durkee Ground Black Pepper
- 2 cups prepared mashed potatoes
- 1 can (2.8 oz.) Durkee French Fried Onions
- ½ cup (2 oz.) shredded Cheddar cheese

Brown beef in skillet; drain. Combine beef, green beans, soup, water, salt and pepper. Pour into a 1½-quart casserole. Combine mashed potatoes and ½ can French Fried Onions. Spoon potato mixture in a mounded ring around top outer edge of casserole. Bake, uncovered, at 350° for 25 minutes. Top potatoes with cheese and remaining onions and bake 5 minutes longer. MAKES 6 servings.

Add a little Durkee...add a lot of taste.

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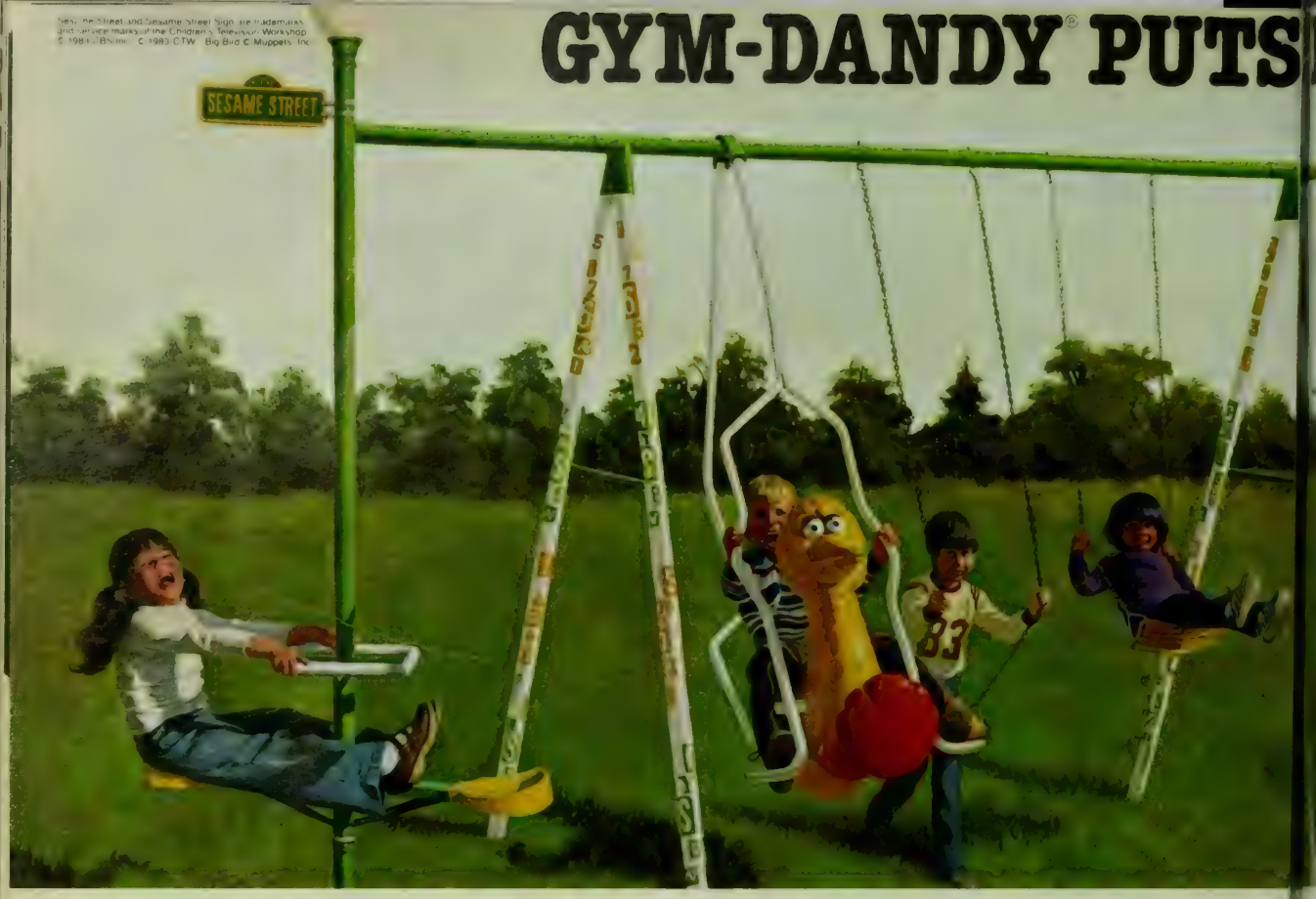


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GYM-DANDY® PUTS



continued from page 125

The pleasures of cross-stitch

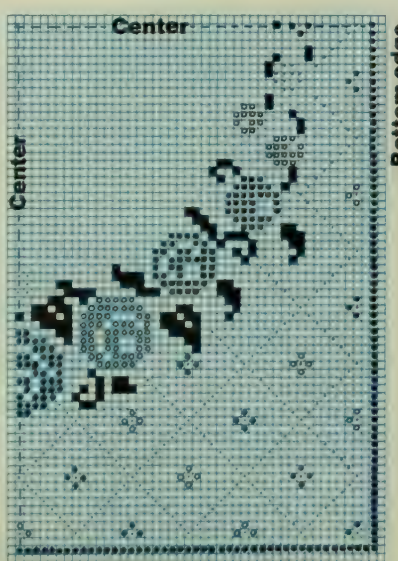
over basting thread and trim fabric close to stitching. Turn raw edges under ¼ in. twice and slip-stitch hem.

BABY BIB, page 82
Finished size is 5½x6¼ in.
Materials: 8x9 in. white hardanger, backing fabric, and fleece; embroidery floss in colors noted in color key; ⅔ yd. of ⅛-in.-wide pink lace trim; 26 in. of bias tape; embroidery hoop; tapestry needle; graph paper; felt tip marking pens; water-erasable marking pen; and masking tape.
Instructions: Chart pattern *(far right)* onto graph paper using felt tip marking pens. Complete pattern by finishing border design. Tape raw edges of fabric to prevent raveling.

Separate embroidery floss and use two strands to work cross-stitches over two threads of hardanger.

Locate center of diagram; center fabric in hoop, begin stitching here. Stitch entire design, working one area of color at a time.

Using water-erasable marking pen, draw neckline onto stitched fabric.



1 Square = 1 Cross-stitch

COLOR KEY:
- ● Red
- ■ Green
- ○ Lavender
- • Yellow

Draw border around bib shape ½ in. from edges of bib; by machine, zigzag stitch along this border line. Cut out close to stitching. Cut matching size pieces of backing fabric and fleece.



1 Square = 1 Cross-stitch

COLOR KEY:
- ◢ Dk. blue
- ■ Green
- × Blue
- • Yellow
- ● Red
- – – – Red running stitch

Border edges of bib front with pink lace; baste fleece to wrong side.

With right sides facing, stitch front and back bib pieces together, leaving neckline open for turning. Turn and press. Finish neckline with a length of

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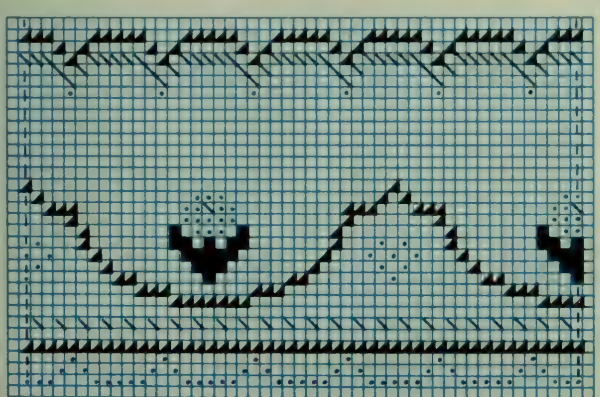
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bias tape long enough to tie. Use pink floss to quilt.

BED LINENS, page 83

To order iron-on transfer pattern for cross-stitch bed linens, see page 154.

Materials: Purchased sheet and pillowcases; light blue, dark blue, yellow, and green embroidery floss; 10-count waste canvas to cover entire length and width of stitched area; graph paper; felt tip marking pens; embroidery hoop; tapestry needle; graph paper; and felt tip marking pens.



1 Square = 1 Cross-stitch

COLOR KEY:

◢ **Dk. blue** ■ **Green**
\ **Lt. blue** • **Yellow**

Instructions: Chart pattern *(left)* onto graph paper using felt tip marking pens. Continue to desired length.

Sheet: Remove hem on top edge of sheet. Baste length of waste canvas to *right* side of top edge of sheet. Be sure to center a cross-stitch *square* of the waste canvas in the center of the sheet width. (*Note:* Do not piece the canvas since resulting stitches will be uneven.)

Separate floss and use three strands. Pull needle through smallest holes in waste canvas. Be careful not to catch waste canvas as you stitch, otherwise removing canvas is difficult.

Work border design on sheet so flowers are right side up when bed is made. (When sheet is hemmed, flowers will be upside down; however, design appears right side up when top edge is folded back.) Do *not* stitch top 2 rows of design (these rows are for pillowcases only).

Begin stitching center of design in center of width of sheet; work design out toward edges.

Moisten waste canvas and remove threads; hem sheet.

Pillowcases: See instructions for sheet *(above), except,* work design with scalloped edge next to open edge of pillowcase.

NOTE CARD, page 83

Materials: Perforated paper; embroidery floss; kraft paper; tapestry needle; graph paper; felt tip marking pens; artist's stretcher strips; and double-faced tape.

Instructions: Select motifs from patterns shown here. Transfer pattern to graph paper using felt tip marking pens. Staple perforated paper to artist's stretcher strips. Use two strands of floss and work cross-stitches over one space in paper. Fold kraft paper to make card and cut opening for stitchery. Secure stitchery using double-faced tape.

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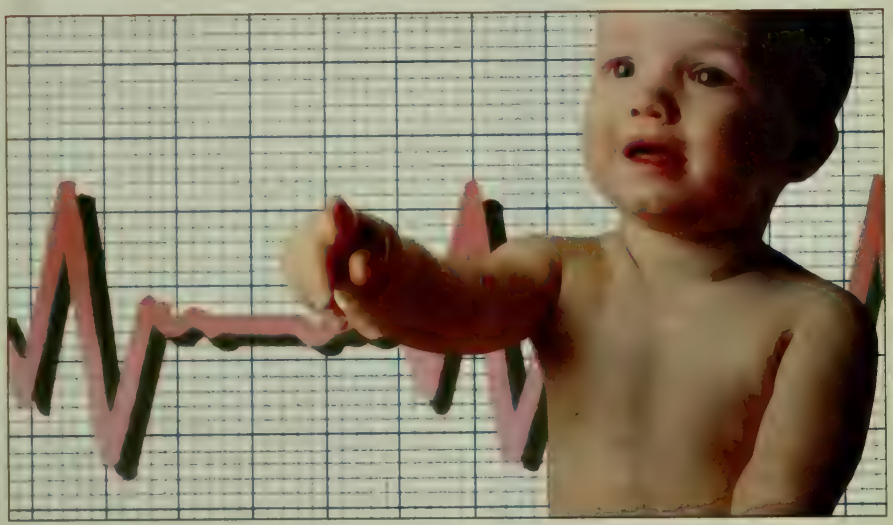
HEALTH PROBLEMS OF CHILDREN GROWING UP IN THE '80s

Not so long ago, childhood seemed like one long bout of illness. Now immunization, antibiotics, and other measures have tamed scourges like polio, diphtheria, mumps, measles, and scarlet fever. Although the importance of immunization cannot be overstated, childhood health concerns have broadened beyond just the infectious diseases.

Some issues are related to emotional health. Soaring rates of family violence and child abuse, as well as teenage alcoholism, depression, and suicide are viewed with increasing alarm (the suicide rate among teenagers has tripled in the last 30 years).

A top environmental health issue affecting children is lead poisoning from paint, toxic waste, and auto fumes. The U.S. Centers for Disease Control (CDC) in Atlanta estimates that lead poisoning is causing neurological and behavioral difficulties in 700,000 children. Public education and treatment programs have cost billions of dollars.

Many youngsters with chronic disorders like diabetes and asthma are leading normal lives, thanks to advances in medications and methods of releasing them in the body. Devastating diseases like muscular dystrophy and cystic fibrosis affect fewer children but are no less a national tragedy, and are the focus of intensive research efforts.



Here's a roundup on other key health problems facing today's youngsters and their parents.

The aspirin-Reye's syndrome controversy

Reye's syndrome is one childhood health problem that remains a medical mystery. The CDC reports that each year the disorder affects approximately 1,200 youngsters, almost all younger than 18 years. One major study released last year indicated that the actual incidence may be much higher.

The consequences are tragic: One in five victims dies of the combination of brain swelling and liver destruction. One in ten is left with permanent brain or liver damage (some authorities believe the figures are even higher).

The baffling sickness usually follows chicken pox, flu, or another viral illness, striking just when the child seems to be recovering. The first symptom usually is sudden, violent vomiting, followed by listlessness, irritability, or seizures—all signs of brain involvement. If not successfully treated, Reye's can lead to coma and death within a few days. The cause still is unknown despite 20 years of high-priority research.

Of concern now is the condition's possible link with aspirin. Four studies have shown that more children who used aspirin during the initial illness subsequently developed Reye's than those who did not use aspirin or who used an aspirin substitute.

Some scientists have questioned the studies—noting, for instance, that the affected children may have been more seriously ill to begin with. Further, the American Academy of Pediatrics (AAP) points out that an association is not the same as a cause. Still, the AAP advises parents to use aspirin cautiously during flu or chicken pox epidemics.

If you are unsure about the nature of your child's illness, the AAP advises that you first try other methods of reducing fever, such as cool baths. The AAP statement also urges

continued

Photograph: Hopkins Associates
Illustration: Jim Buckels

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3 pounds boneless stew beef, cut into 1 1/2-inch cubes or 3 pounds lean ground beef
1½ cups chopped onion
1 cup chopped green pepper
3 cloves garlic, chopped
2 (28-ounce) cans tomatoes, undrained and broken up
2 cups water
1 (6-ounce) can tomato paste
8 teaspoons Wyler's® Beef-Flavor Instant Bouillon or 8 Beef-Flavor Bouillon Cubes
2 tablespoons chili powder
1 tablespoon ground cumin
2 teaspoons oregano leaves
2 teaspoons sugar
In large kettle, brown beef (if using ground beef, pour off fat). Add onion, green pepper and garlic; cook and stir until tender. Add remaining ingredients. Cover; bring to a boil. Reduce heat; simmer 1-1/2 hours (1 hour for ground beef) or until meat is tender. Serve with corn chips and shredded cheese if desired. Refrigerate leftovers.
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continued

Children's health problems

parents to read carefully labels of all over-the-counter medicines, since many contain aspirin as an ingredient.

The U.S. Food and Drug Administration is considering requiring a warning label on aspirin containers. At this writing, the AAP has opposed such a warning. A new nationwide study now under way may resolve the aspirin-Reye's question. Meanwhile, quick identification of victims and heroic hospital measures are reducing the death toll and cutting down on brain and liver damage, the CDC says.

Is whooping cough vaccine safe?

Whooping cough, or pertussis, once afflicted 265,000 children a year and caused 7,000 deaths. But this childhood respiratory illness, characterized by a persistent shrill whoop, has been substantially reduced in the U.S. by a series of four immunizations beginning at age two months.

Now questions have been raised about the vaccine's safety. In Britain and Japan, some children suffered severe reactions, including brain damage, following immunization with pertussis vaccine. As a result of subsequent news reports, public acceptance of the vaccine dropped dramatically. Alarming TV news reports in the U.S. caused some fearful parents to refuse to have their children immunized with the vaccine.

Doctors agree that pertussis vaccine causes more problems than vaccines for diphtheria and tetanus, with which it often is combined in the DTP shot. About half the immunized children develop a mild fever, unusual fussiness, or soreness at the injection site.

How many youngsters are seriously affected? A commonly accepted figure is that brain damage occurs once in 310,000 doses administered, while brain damage may occur once in 1,000 cases of pertussis itself. Following the uproar in Britain, an epidemic of 66,000 whooping cough cases and 14 deaths occurred. "The risks of pertussis vaccine are clearly outweighed by benefits," says Dr. William Foege, director of the CDC.

Both the American Medical Association and the AAP have strongly urged parents to continue pertussis immunizations. Meanwhile, researchers in the U.S. and other countries are working to develop a new vaccine that would be at least as effective as the present vaccine but with substantially fewer side effects. A vaccine that may meet the requirements has been in use in Japan for several years and is now being tested by the FDA. Officials say a new pertussis vaccine may be available in the U.S. in the next two to three years.

The tragedy of sudden infant death syndrome

Seven thousand seemingly healthy infants die in their cribs each year, and doctors are still unable to explain the tragedy. That grim statistic makes sudden infant death syndrome (SIDS) the largest single cause of death in children under one year of age, aside from congenital defects and prematurity.

The "treatment" is prevention—to identify children at risk in order to protect them. Many infants thought to be most susceptible have a history of apnea (breathing pauses of 20 seconds or longer during sleep), are premature, are born to young mothers, and have had a recent cold or respiratory illness. Having a sibling who died of SIDS further increases the risk. About 5 percent of victims have had a near-miss, in which they stopped breathing and had to be resuscitated. But most victims fit none of these categories.

The most widely accepted theory blames a delayed maturation of the brain centers that control breathing during sleep, but this is unproved. Still, researchers are optimistic that an explanation and a treatment will be found. Dr. Alfred Steinschneider of the National SIDS Institute, a longtime researcher, says, "We do not know the answers, but ten years ago we did not even know the questions. I do think that soon we will be able to predict and prevent SIDS."

Meanwhile, some families with a previous SIDS victim or a near-miss have installed apnea monitors, which sound an alarm if the child pauses in breathing for more than a given period of time. The parent is then alerted to resuscitate the child. The monitors are

continued

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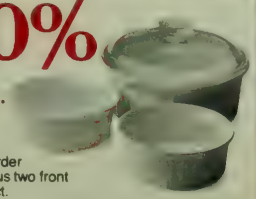


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continued

Children's health problems

controversial. Some doctors say that the device simply increases anxiety; babies almost always start breathing again before resuscitation is necessary. Yet the fact that some children seem to have been saved by the monitors justifies the devices to many.

Accident prevention and injury treatment

Accidents—auto crashes, burns, drownings, and other tragic mishaps—are the number one killer of children over a year old. Government and health authorities at all levels have identified accidents as the foremost child-health problem and have launched an offensive to reduce the toll.

Forty-two states have passed laws requiring that children under age four be restrained in an approved safety seat as passengers in an automobile. The seats—20 types are available—are said to be 80-90 percent effective in protecting children in accidents. The National Institute of Child Health and Human Development (NICHHD) has even launched an education campaign to convince new mothers to bear a newborn home from the hospital in a safety seat rather than on her lap.

A second offensive is aimed at other types of accidents, like childhood scaldings and drownings. Legislation introduced in several states would require that hot-water heaters have regulators limiting temperatures to 120 degrees. That temperature, it is said, is high enough for household purposes but prevents the kind of sudden infant scaldings that may occur at higher temperatures. Another NICHHD educational campaign aims to convince parents to reduce temperatures on already-installed heaters.

As for accidental drownings, officials point to a new law in Hawaii requiring that swimming pools be fenced. In two years, the law has markedly reduced the child drowning toll in that state.

One of the bright spots in child health has been in treatment of accidental head injuries. Figures show that 200,000 children are hospitalized for head injuries every year following car crashes, falls, sports injuries, and other mishaps. Four thousand die, but studies at Johns Hopkins have shown that the combination of emergency care at the site, and rapid transportation to the hospital followed by aggressive treatment is saving more and more lives.

New vaccines for unconquered diseases

● ***Chicken pox*** in most children is mild, although the itchy blotches are sometimes uncomfortable. Since there is no known treatment, doctors usually let it run its course. But in adults who haven't had chicken pox and in children whose disease-fighting immune system is depressed (such as cancer victims), chicken pox can be severe.

Now a newly developed vaccine has succeeded in protecting these high-risk children and adults and should be ready for general use within two years. The live-virus vaccine is considered extremely safe with a very low rate of serious side effects. Still, doctors may not use it for all children, preferring to let exposure confer its own immunity.

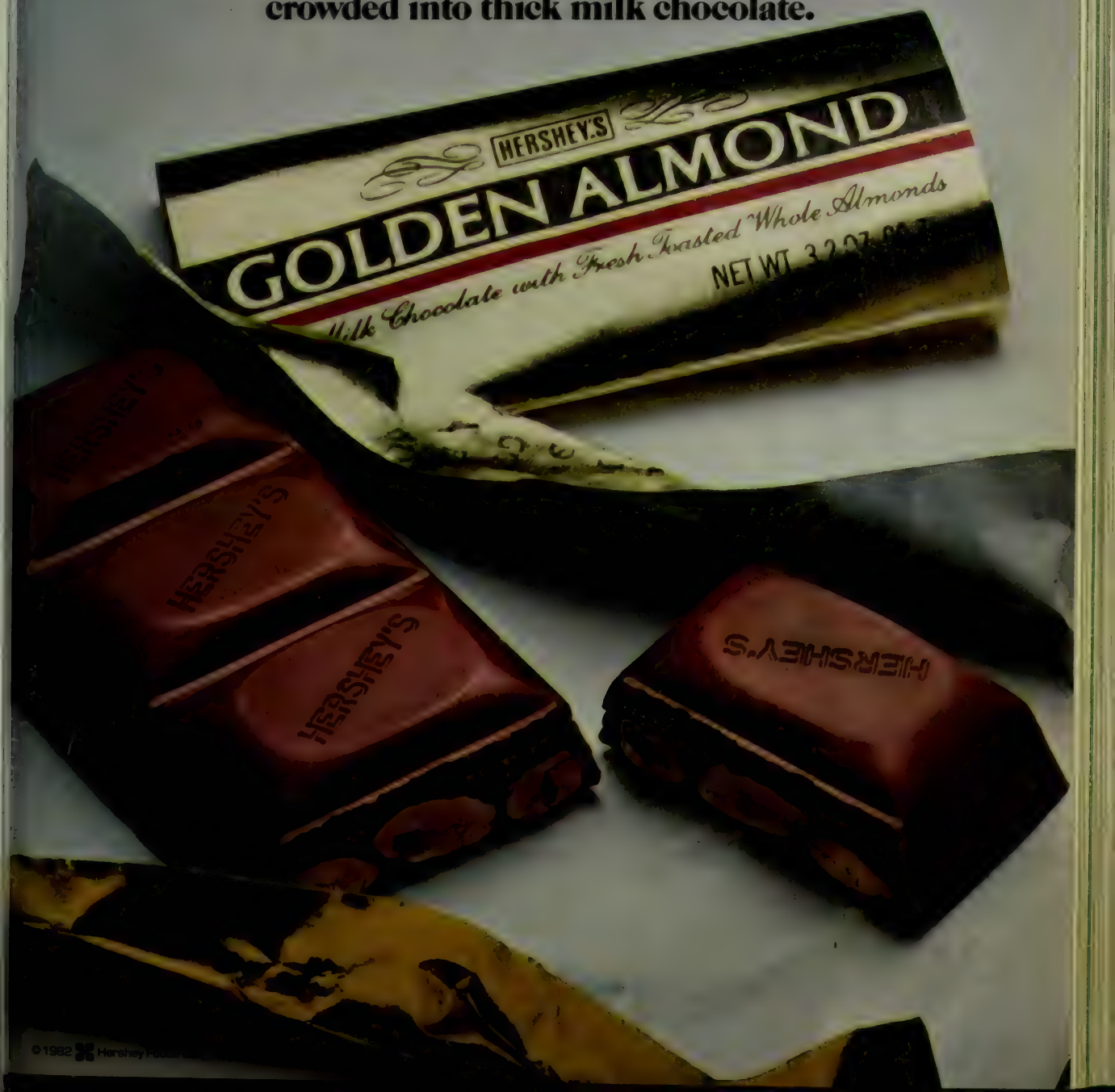
● ***Meningitis*** (inflammation of the brain or spinal cord) is a much more serious disease, especially in infants; various types of meningitis strike 20,000 children a year. Now some doctors say new vaccines that could control the two types of bacteria may be available within five years. Previous vaccines could not be used for children under a year old, but several new candidates to protect infants against one type are being tested, according to Dr. William S. Jordan of the National Institute of Allergy and Infectious Diseases (NIAID). Another vaccine is being tested against a bacterium strain that strikes infants in the first months of life. The vaccine may be administered to the mother during late pregnancy to give the infant immunity.

● ***Infant diarrhea*** can be a life-threatening public health problem in poor countries. In the U.S., it is less serious, but diarrhea's abrupt, rapid dehydration often hospitalizes small babies. Now, in what Dr. Foege calls

continued

A chocolatier's tribute to almond lovers everywhere.

Whole toasted almonds crowded into thick milk chocolate.



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continued

Children's health problems

"a real breakthrough," genetic engineering has produced a vaccine against the most common form of virus-caused diarrhea. The vaccine probably will not be given to most children—just to those at high risk of exposure, such as babies in a day-care center.

Two diseases you may hear more about

● ***Kawasaki disease*** is mild, rare, and unexplainable—about 100 cases have been reported to authorities annually during the past several years, but some doctors suspect that the prevalence is increasing. The symptoms are a distinctive eye inflammation, enlarged lymph nodes, swelling of the mucous membranes, and a characteristic redness and swelling of the palms and soles, after which skin may peel from the fingers. Victims usually are about kindergarten age.

The disease was discovered by a Japanese physician and at first was thought to be confined to children of Asian or part-Asian descent. It since has been recognized in children of all nationalities. No one has been able to identify the cause. Most children recover within five to seven days, without suffering any lasting consequences. In a few Japanese patients, however, damage to the heart and arteries has been reported.

● ***Lyme disease*** is a medical success story. The combination of high fever and limited rash followed by severe joint pain was first noticed among children of Lyme, Connecticut, only nine years ago, and was thought to be a form of arthritis.

Yale doctors soon discovered that it was caused by an infection transmitted by a tick bite. Scientists at the government's Rocky Mountain Laboratory then identified the microorganism that the tick transfers to its human victim. The disease attacks both young and old people, but it most commonly occurs in children who play outdoors. Quick diagnosis and prompt treatment can halt the infection and protect against joint inflammation.

—With Edwin Kiester, Jr.

RISE

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Chocolate Cream Supreme

1 pkg. Duncan Hines Deluxe Sour Cream Chocolate Cake Mix*
1 can Duncan Hines Creamy Milk Chocolate Frosting
1 (12 oz.) container frozen whipped topping (thawed)
1 pkg. (4 oz. serving size) vanilla instant pudding
1½ c. cold milk
1 envelope (1¼ oz.) whipped topping mix
1 tsp. orange extract, chocolate curls, mandarin oranges dipped in melted chocolate



Prepare and bake cake as directed on pkg. in two 8-inch rounds. Cool and split layers. For orange cream filling, blend topping mix, instant pudding mix, cold milk and extract. Beat until stiff (3 to 8 min). Add drop of orange food coloring, if desired. Spread filling between split layers. To make glaze, heat ⅓ c. Duncan Hines Frosting slightly and spread on top layer. For chocolate cream, fold the remaining frosting from can into the thawed whipped topping. Spread on middle layer and on sides of cake. Place chocolate curls on sides of cake and decorate with chocolate-dipped mandarin oranges and chocolate curls. Keep cake refrigerated.

** Two pkgs. of cake mix using four 8-inch rounds may be used for a higher cake, as shown above.*

Duncan Hines

For more delicious Duncan Hines recipes, send for our "Baking with American Dash" cookbook. Check back of Duncan Hines Layer Cake packages for details.

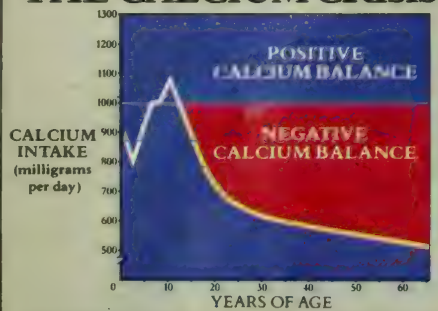
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New Caltrate™ 600 Helps keep bone healthy

8 out of 10 women need more calcium in their diet.

About the same time that women switch from drinking milk at every meal to diet soda, tea, coffee, or white wine, 80% begin to develop a calcium deficiency.

THE CALCIUM CRISIS



*Adult Daily Requirement (US RDA) Average Calcium Intake of Women in the United States Adapted from DHEW Publication No. (HRA) 77-1647, July 1977

Recent U.S. Government studies show that the average woman takes in much less calcium than she needs on a daily basis.

Calcium. As vital to grown-ups as it is to babies.

Everyone knows children need calcium for growing bones. But not everyone knows that even after bones stop growing your body still needs calcium—every day.

Your body draws calcium from your bones.

Your bones are a natural storehouse of calcium. So when you don't get enough in your diet, your body withdraws calcium from your bones. The result can be anything but beautiful. Over time, your bones may become pitted, porous, brittle. So fragile they can easily fracture. And so weak, they can fail to adequately support your body—which could lead to a noticeable and unattractive loss of height! Unfortunately, this insidious process often isn't recognized until it reaches an advanced stage.



Over time, failure to get enough calcium can weaken bone structure, causing your body to shrink and stoop unattractively.

Why women and not men?

Oddly enough, men don't seem to have the problem to the same degree as women. It's a known fact that males have denser bone structure.

How much calcium is enough?

The U.S. Recommended Daily Allowance of calcium for adults is 1,000 milligrams. About what is in a quart of milk, the body's major source of calcium. But many women don't consume that much mil The average woman takes in only 550-600 milligrams of calcium a day. Taking multivitamins can help. But even the best contain only about 160 milligrams of calcium. Canned salmon, cheese, sardines, kale and turnip greens are also rich in calcium. But how much of these could you consume on a daily basis?

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William L. Nolan

STORAGE SPACE
You Never Knew You Had

Lots of handy home storage possibilities remain unused simply because they're hidden. They might be inside your walls, under your floors, behind your stairs, or camouflaged as dark, dusty, hard-to-reach corners of existing storage. If you're running out of places to put things, check out the clever discoveries on these pages, then do some storage searching in your own house. You may be surprised at what turns up—and where.



Under-stairs space in a playroom (above) *houses a cleverly organized system of cubicles, open shelving, and display niches.*

A new double door (right) *converts part of the closet in one room into a handy storage compartment in the adjoining room.*

Under-stairs toy storage

When the owners of this beautifully designed storage unit *(right)* looked more closely at the awkward space under the attic stairs in their second-floor playroom, they discovered an ideal place for their children to stow play gear. They clustered three easy-to-reach cabinets 30 inches deep around a TV niche for toys and games, with shallow triangular niches above the cabinets for displaying special items. Under the lowest triangle is a wide roll-out drawer for more toys, and around the corner are adjustable shelves for storybooks, encyclopedias, and magazines. The owners constructed the entire unit of birch plywood, then accented it with diagonal cedar strips that match cedar trim used elsewhere in the house.

Typewriter storage niche

This typewriter-shelf recess in a home office *(right)* was "discovered" at the awkward end of a long closet in the adjoining bedroom. The owners, both of whom have jobs that involve some work at home, needed a place to stow their typewriter and work supplies, so they cut an opening in the office wall and framed in the closet end. This strategy allowed them to convert hard-to-reach closet space in one room into a handy 24x24-inch storage niche in the other. They then outfitted the niche with adjustable shelves and a touch-latch double door of birch plywood, and carpeted the floor of the niche to allow the typewriter stand to roll out easily.

continued

Photographs: E. Alan McGee
Architect: Tom and Judy Mozen
Field editor: Ruth L. Reiter





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Storage projects

A drop-down bin in one kitchen (bottom) *and stud cavities in a pair of ¾-height partitions in another* (right) *add bonus storage space near the cooking center.*







Stud-space kitchen storage

As you search for storage possibilities, don't forget to "tap" the walls; they're probably hiding valuable storage space right where you need it most. In this kitchen redo *(right)*, the new stud partitions flanking the cooking center were added for storage as well as for looks. The one on the left is actually a cleverly disguised pantry. It's constructed as a large box measuring 30 inches wide and 83 inches high. The "lid" on the box is actually a hollow-core door that closes flush with the edge of a 1x6-inch facing strip on the end of the partition. Magnetic catches hold the door shut. The edge of the door is accented with narrow metal strips that echo the trim-line detailing on the appliances.

The other partition, near the stove, consists of two sections of shelving with a stud divider down the middle. The shelving in this unit is open on one side so that spices and seasonings can be organized and displayed within arm's reach. A single 2x4 spanning the area between the partitions offers convenient hanging space for pots, baskets, and cooling racks.

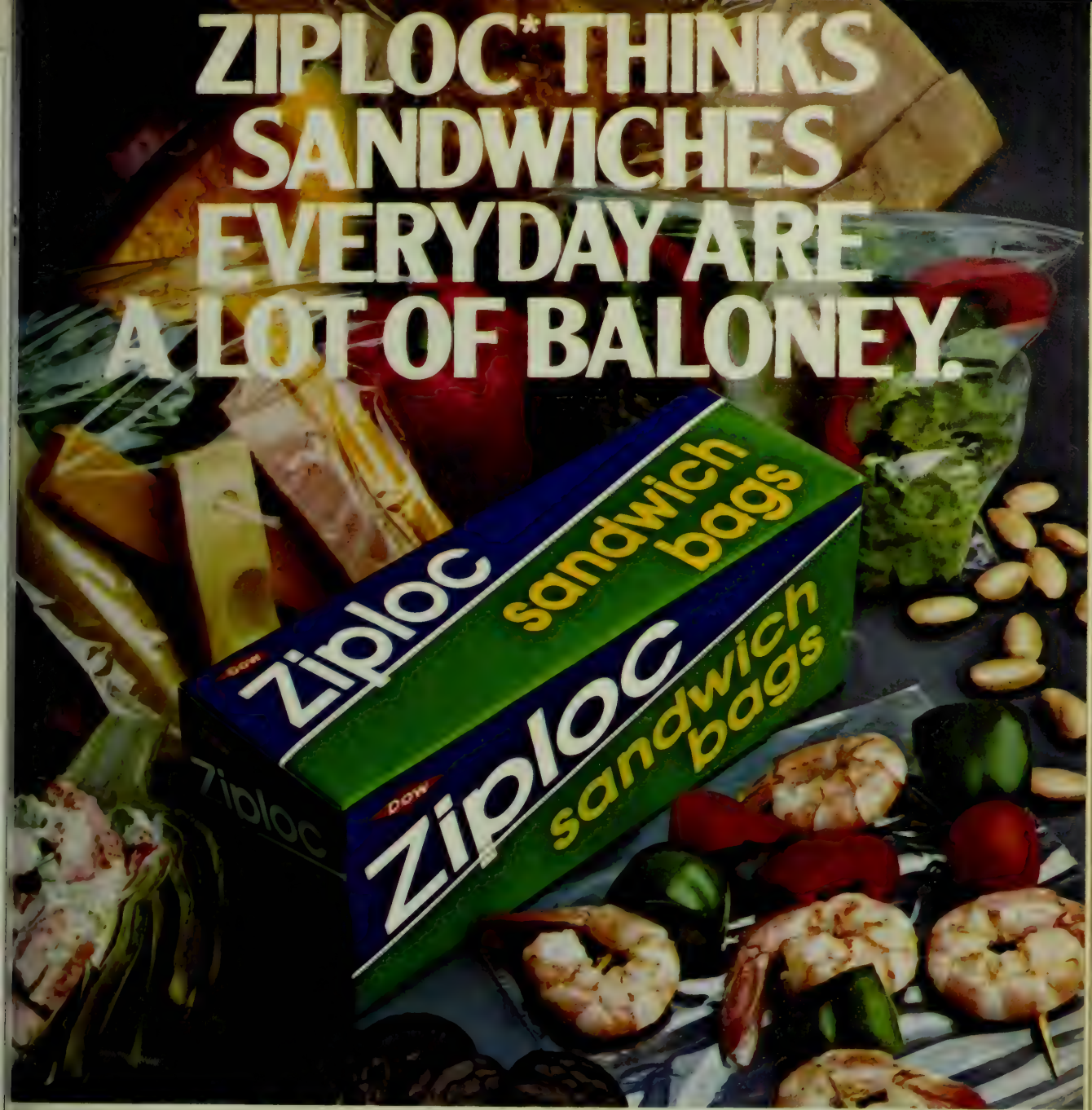
Drop-down storage bin

In many kitchens, the cabinets above the range or cooktop are sized to allow room for a range hood on the underside, but if a hood isn't needed, the space reserved for it can be claimed for extra storage. The exhaust fan in this kitchen *(above)* is built into the cooktop, so the owners replaced their overhead range hood with a storage/lighting module. The center section of the module is a 26½x11-inch bin that stores crackers, cereal, and popcorn, and the two end sections house a pair of cylindrical fixtures that supply task lighting for the cooktop. The bin swings down on a strap hinge mounted on its back panel. A small chain helps support the bin in the down position, and touch-latch hardware holds it in the up position. Each section of the module is constructed with ½-inch plywood (plus ¾-inch plywood for the front of the bin) and faced with charcoal-gray plastic laminate to match the countertops and backsplash.

continued

Photograph: Top, Hopkins Associates
Architect: Bruce Abrahamson, FAIA. Field editor: Pat Carpenter
Photographs: Above, Ernest Braun
Architect: J. Carson Bowler
Field editor: Helen Heitkamp

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Storage projects

Placement of kitchen storage units yields space for a pair of narrow compartments on each side of the corner cupboard (right).

Dead space under a stair landing houses a four-section storage niche for tapes, record albums, and music equipment (bottom).





Wine rack/spice compartments

Many kitchen layouts call for a series of fillers—blank sections that cover narrow voids next to windows or end walls or between cabinet units. Although these leftover spaces are too narrow for conventional-size cabinets, they may contain exactly the right kind of space for hard-to-organize items like lids and trays or spices and condiments. Instead of dividing such leftover space into several skinny gaps, consolidate it into one or two usable compartments wherever your present storage system seems to have been shortchanged.

In this kitchen *(top)* the positioning of the wall units that flank the window above the sink left a five-inch void next to the corner unit. Rather than add a blank filler in this space, the homeowners installed a handy storage unit for spices *(top right)*. A similar space in the cabinet layout on the adjoining wall houses a six-compartment wine rack.

What appears to be the end panel of the corner unit is actually the door to the spice cabinet. Inside are five adjustable shelves, each of which is deep enough to hold a double row of spice jars. To highlight the simple detailing of the corner unit, the doors on the filler units were designed to resemble fixed panels. They operate on self-closing hidden hinges, and grooves in the bottom edges serve as inconspicuous pulls.

Under-stairs music center

Space under a landing at the bottom of a switchback staircase usually is framed in and forgotten because the landing stands only a few feet above the floor. However, in this remodeled home *(right)*, the enclosure under the landing doubles nicely as home base for the family's stereo equipment. The living room side of the landing features a commodious 28-inch-deep storage niche that's divided into four compartments. The two on the left house a stereo tuner, a player/tape deck, and a collection of tapes. The two on the right store phonograph albums. Cedar trim on the front of the unit and plywood partitions inside are stained a nut brown to match the woodwork on the staircase.

Buying information, page 65.



Photographs: Top, D. Randolph Foulds
Design: Peter and Patricia Hallett
Field editor: Estelle Bond Guralnick
Photograph: Right, E. Alan McGee. Design: Advantage Homes. Field editor: Ruth Reiter

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continued

By Barbara Humeston

Photos: Top to bottom, Bradley Olman, Sitmar Cruises, Bahama Cruise Line

The Symbol That Takes the Guesswork Out of Buying Carpet.

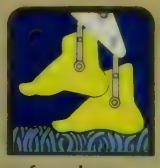


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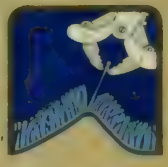
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entertainment, visits to ports (two to seven in a week), and sometimes part or all of your air fare between home and ship. Tips, port taxes, and tours usually cost extra.

VOYAGES CLOSE TO HOME

Most one-week cruises sail just off the coasts or in inland waterways. But you'll be amazed by the ports and itineraries. Ships cruise every which way through the Caribbean's tropical island patchwork. You can follow the sun to glittery seaside resorts up and down Mexico's Pacific coast; circumnavigate colorful Hawaiian islands; glory in America's past and present on the Mississippi and Ohio rivers; sail the vast Atlantic to discover Bermuda's rich British heritage; explore chilling blue waters of Alaska's Inside Passage, a magnificent bastion of the Ice Age; blend city sites, scenery, and history along the New England/Canada Northeast Passage route.

More ships cruise in the Caribbean than anywhere else, which helps create bottom-dollar prices. That's where you'll find the most families. Ships sail from Miami, San Juan, Tampa, and Fort Lauderdale (Port Everglades). Weekly cruises also are booming on Mexico's Pacific coast (the Mexican Riviera) from Los Angeles.

Cruises from New York to Bermuda spend a couple of days at sea coming and going and four days in port. Home Lines' *Oceanic* includes a Nassau side trip in its New York-Bermuda itinerary.

One-week Inside Passage cruises leave Vancouver and are more expensive than most others of comparable length (though rates on Costa Cruises' *Daphne* start at $895 per adult double, $435 for kids under 12).

BARGAIN CRUISE SEASON

June through August and school holidays are the prime time for family cruising. If family rates or reduced fares for kids are ever offered, they'll be available then. Christmas and New Year's holidays usually are most expensive.

The Caribbean, Bahamas, Mexican Riviera, Hawaii, and Mississippi and Ohio rivers provide year-round cruising. Bermuda (April through October), Alaska and the Northeast (late May through mid-September) are for warm-weather cruising.

SHIP SELECTION

These days, ship shopping is a challenge, with a record number of ships to choose from. You'll be captivated by the snazzy new generation of jumbo cruise liners, like *The Song of America, Tropicale, Atlantic, Nieuw Amsterdam,* and *Fairsky*. Each one carries over 1,200 passengers and is loaded with extras and amenities.

But don't rule out older, often smaller vessels. Many have been reborn, bringing facilities and decor up to date. Other assets may include outstanding service and intimate atmosphere. Some lines offer lower rates or enticements like new itineraries to encourage sailing on older crafts.

With few exceptions, most ships welcome families. But answers to a few questions help zero in on the best ones.

- *Do a number of cabins sleep three and four?*
- *Are there low rates for kids or do they pay adult third and fourth person per cabin rates?* (A phrase like "children's rates on request" isn't a good sign.)
- *Do youth counselors sail with the ship?*
- *Are there scheduled activities and shipboard facilities for kids?*
- *How many formal nights are on tap?* (More than two a week may mean more formality than many families with children like.)

Also, look for flexibility in shipboard life. Phrases like "jackets and ties optional" are preferable to "chairs assigned on the sun deck." Be skeptical, too, if kids aren't pictured in brochures.

Travel agents (free services to you) book most cruise passengers. Agents should have firsthand knowledge of ships they recommend, or be able to put you in touch with someone who does. You may want to consider a travel agency specializing in cruises (cruise consultants). There's little advantage in working directly with cruise lines. They won't tell you what the competition is offering. Good travel agents can.

CABIN CONSIDERATIONS

The cabin you choose can double, even triple, your cruise price. Rates are based on size, location, and amenities. Low-priced cabins are a good way to economize. Most families don't chalk up much cabin time anyway. On nearly all ships, everyone enjoys the same activities, meals, and entertainment. Be forewarned: Minimum-priced cabins are limited and go fast. And some sleep only two. You may pay more for a cabin for a family.

COST-CUTTING DEALS

Many cruise lines feature discounts, packages, and

continued

Photos: Top left to right, Scandinavian World Cruises, Sitmar, Norwegian Caribbean Lines

THE SESAME NUT MIX SEDUCTION.

Or, why it's impossible to resist the mystical combination of Planters® Sesame Sticks, Peanuts, and Cashews.



A word of caution about Planters Sesame Nut Mix: It's a delicious conspiracy to enslave your taste buds. (Rumor has it the recipe comes from a chef who is a direct descendant of Ali Baba.)

Who is strong enough to say "no" to the crunchy goodness of Planters fresh-roasted peanuts?

To that, add the delicious taste of Planters curvy cashews. (Ever notice how a Planters cashew is always smiling at you when you hold it upside down... or is it downside up?)



And, finally, add Planters golden sesame sticks with their good-for-you nutty taste and abundant cruunnch. Just one cruunnch and your hand will go slavishly from our mix to your mouth.

And yet, perhaps those exotic sesame sticks are the most beguiling. Ancient mystics claimed sesame possessed magical powers. (Wasn't it the favorite snack of genies?) Naturally this mix is enough to make your belly dance with delight. But while bedtime snackers may love them, the crunchy crescendo can keep the Sandman from someone trying to sleep. And kids snacking them in the lunchroom can drown out the sounds of lunch with their crackling crunch. So handle Sesame Nut Mix with caution. You'll be seduced.

Deliciously.



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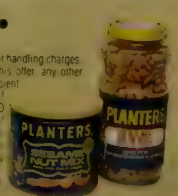
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CRUISES







On Sitmar ships, one of which sails the lovely Mexican Riviera, pizza parlors are popular, as are sports decks on the Norway.

other incentives that change almost daily. These include early-booking and last-minute discounts, standby fares (you find out at the last minute which ship or which week you sail), one-price fares (all cabins are sold at the same price, usually near the minimum rate), and introductory fares (for a ship's first cruises). By no means does every line offer all; some don't offer any.

But almost every ship has an air/sea plan for transportation between the ship and a designated number of cities free or for less than you'd pay on your own. A few ships give rebates on the cruise price if you don't use air/sea plans.

The number of cities to which air/sea rates apply, the amount of discounts, and whether they're available to kids and/or third and fourth adults in a cabin varies by ship and line. It pays to shop around. On some ships, you must book more expensive cabins or longer cruises to be eligible for air/sea plans.

Rail/sail programs are available from a few lines, like Bahama Cruise Line, Delta Queen Steamboat Co., Carnival, and Cunard. Many ships also offer specially priced packages for stays in and around the port where the ship embarks or at ports along the way (usually for two or three days).

SUPER SUMMERTIME FAMILY SAILINGS

SITMAR CRUISES

This line puts family vacationing at sea in a class by itself on three spacious crafts: sister ships *Fairwind* and *Fairsea* (11 decks, 925 passengers each), and the new *Fairsky* (11 decks, 1,200 passengers). In summer, the *Fairwind* and *Fairsea* make one-week cruises along the Mexican Riviera and in the Caribbean, with at least 11 counselors aboard for kids. Daily (9 a.m. to midnight), the Youth Center on each ship is humming. There are separate activities for younger children and teens. A daily newsletter details what happens when.

Sitmar offers its lowest rates on one-week voyages in summer (from $840 per adult double to Mexico, from $945 per adult double for a cabin for four, $250 for kids 2 to 18; from $995 per adult double in the Caribbean, from $1,155 per adult double for a four-person cabin, $290 for kids). But seven-day cruises are limited (13 in 1984). More cruises run 10 and 11 days (14 days on the *Fairsky* in summer between San Francisco and Alaska).

The excellent air/sea plan from 120 cities applies to all passengers, even kids. On seven-day cruises, you pay $25 or $50 round trip to Port Everglades or Los Angeles, where ships depart.

AMERICAN HAWAII

To get to know Hawaii as well as you can in a week, cruise from Honolulu on the *Independence* or *Constitution* (9 decks, 800 passengers each) to five ports on four islands. Both ships offer day-long summer activity programs for two age groups (7 to 12 and 13 to 18) and playrooms for ages 2 to 6.

With the summer family plan, doubles start at $895 per adult, at $1,195 per adult in cabins for four, $350 for under 16. The air/sea plan applies to everyone. Fares between 100-plus cities and Honolulu start at $149 (most run $200 to $400). Third and fourth persons in cabins fly free June through August.

One ship makes a round-trip transpacific cruise (Honolulu, Los Angeles, San Francisco) in summer. Five-, seven-, and eight-day cruises are offered, with doubles from $795 per adult, $995 per adult in a cabin for four, $250 or $350 for kids under 16 (based on cruise length). With the one-way cruise, two adults get $99 one-way air fare between Los Angeles or San Francisco and Honolulu. Third and fourth passengers any age in a cabin fly free (25-percent discounts on interisland cruises just before or after the trip).

BAHAMA CRUISE LINE

The *Veracruz* (8 decks, 700 passengers) isn't the biggest or most elaborate craft afloat, but its summer New England/Canada cruises are bargains (from $875 per adult double for a cabin for four, $95 for kids under 12). Fjordlike scenery along the Saguenay River and whale watching along the St. Lawrence are two highlights. This strictly casual ship sails from Montreal and New York on alternate Saturdays along the Atlantic seaboard to Nova Scotia and down the St. Lawrence with a stop in Québec City.

Cruises mid-July to late August are best for families (senior citizen discounts attract older passengers other times). On some trips last year, a night in Montreal, a city tour, and return to New York via Amtrak were included in the cruise price (normally $47 per person for the train, $55 or $65 per person for a night in Montreal or New York). The line's air/sea plan is

continued

Photos: Top left to right, Sitmar Cruises, Bradley Olman, Sitmar Cruises

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Omelets, quiche, souffles; there are any number of delicious, yet inexpensive egg dishes you can fix. Take a skillet supper, for example. Scramble eggs with onions, green pepper, tomato, bacon and seasonings. Total cost for a family of four? Less than 50¢ a serving.*



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The Best One-Week Family Ships

Line	Ship(s)	One-Week Summer Destinations	Facilities/Services for Youngsters	*Special Rates for Youngsters
Sitmar	*Fairwind Fairsea*	*Mexican Riviera Caribbean*	*Youth center, pizzeria, playrooms, counselors, separate activities programs for two age groups, daily newsletters for kids*	*$250 under 18 $290 under 18*
American Hawaii	*Independence Constitution*	*Hawaii*	*Teen room, video arcade, playroom, counselors, separate activities programs for two age groups (no teen room on Constitution)*	*$350 under 16*
Bahama	*Veracruz*	*New England/ Canada*	*Kids' pool, counselors, activities for kids*	*$95 under 12*
Carnival	*Festivale Tropicale*	*Caribbean Mexican Riviera*	*Kids' pool, video game room, playroom, counselors, activities for kids*	*$195 under 17*
Costa	*Carla C.*	*Caribbean*	*Counselors, activities for kids*	*$250 under 12*
Delta Queen Steamboat Co.	*Mississippi Queen*	*Mississippi River*	*Counselors, activities for kids*	*Under 16 free*
Home	*Oceanic*	*Bermuda/ Bahamas*	*Teen room, soda fountain, counselors, activities for kids*	*$465 any age*
Norwegian Caribbean	*Norway*	*Caribbean/ Bahamas*	*Playroom, ice-cream parlor, counselors, activities for kids*	*$285 under 17*
Royal Caribbean	*Song of America*	*Caribbean*	*Counselors, activities for kids, free shore excursions*	*$525 any age*

**All prices apply to youngsters sharing a cabin with two adults. Children over ages specified pay standard adult third and fourth person per cabin rates. Children 2 and under cruise free on most ships.*

CRUISES

newhat limited: $75 to
75 per adult from some 40
ies. Kids aren't eligible.

IRNIVAL CRUISE LINES

This line specializes in
onomical one-week voyages
· first-time cruisers.
pecially good value are
rnival's two newest action-
cked ships, the *Tropicale* (8
cks, 1,020 passengers) and
stivale (8 decks, 1,145
ssengers). The *Tropicale*
ils from Los Angeles to the
exican Riviera year round.
ie *Festivale* cruises the
aribbean from Miami.
Rates start at $895 per
lult double on both ships,
,025 per adult double in a
bin for four, $195 for kids
nder 17. With the line's
r/sea plan, adults fly free
om more than 100 cities.
ids' air fares run $100 to
00, depending on the city
departure.

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n old-fashioned river cruise
oard the most regal
addle-wheeler of all, the
lississippi Queen (7 decks,
30 passengers). Everything
bout this all-American
uxury craft is familiar and
iendly, from the American
taff and crew to the dining
nd entertainment, which
anges from toe-tapping
ixieland to bluegrass and
azz. Though the ship doesn't
ave as many recreation
acilities as some, you'll love
he lusty calliope calls and
ynchronized slosh of the big
ed paddle wheel.

The *Mississippi Queen* this
ummer specializes in one-
veek cruises that begin and end in New Orleans, site of the World's Fair (from $805 per adult double, $1,295 per adult double in a cabin for three, under 16 free). Some cruises include two days at the fair, with the ship as your hotel at the dock. Kids aren't eligible for the fly/cruise plan from most major cities.

NORWEGIAN CARIBBEAN

The biggest cruise ship afloat and a vacation destination in its own right is this line's *Norway* (11 decks, 2,000 passengers). This huge craft is loaded with recreation facilities, including sports decks big enough for volleyball and basketball courts, a 540-seat theater featuring lavish Broadway-style shows, and three swimming pools.

Rates start at $975 per adult double in a cabin for four, $285 for kids under 17. Three of the line's four other ships (7 decks, about 750 to 800 passengers each) also offer one-week Caribbean cruises at comparable prices. The air/sea plan includes free air fare from 80 cities, but kids aren't eligible.

For the first time this summer, the *Norway* cuts its Caribbean season short for two transatlantic cruises (the first eight-day sailing leaves Philadelphia for England July 18). Rates start at $1,485 per adult double in a cabin for four, $743 for kids under 12. Special return-flight fares are offered.

SHOPPING

How To Order Material From The Magazine

Editor's Choice



HOME PLAN: This Two-Phase plan is for the cost conscious! Start with a one-bedroom apartmentlike home over a double garage, then develop Phase II. (See more on page 40.) You get great savings by ordering our 8-Set Homebuilder's Package—includes 8 sets of the plan of your choice—for only $155!

You also may order the 5-Set Contractor's Package for just $135...or, order plans individually for just $95 each with additional sets of the same plan for the amazingly low price of just $25 each.



CAKE DECORATING SET (See page 98): Kit includes plastic-coated cloth decorating bag with plastic coupling, 6 metal decorating tubes (all metal parts are rustproof).



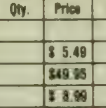
VENICE LACE PINAFORE (See page 82): Ready-to-wear white linen/cotton ladies' pinafore, trimmed in the most beautiful and delicate lace.

COUNTED CROSS-STITCH TEDDY BEAR (See page 82): Kit includes 11-count Aida cloth, 6-strand cotton floss, jumbo rickrack, backing fabric, needle, instructions. Measures 8"x10".

"WHEN THIS YOU SEE" PILLOW (See page 82): Kit includes 22-count white hardanger for pillow front and white 50% cotton/polyester fabric for pillow back plus assorted pastel floss, needle and instructions. Measures 10"x10".



WREATH OF ROSES PLACE MAT AND NAPKIN (See page 81): Your choice in counted or stamped cross-stitch. Both kits contain assorted pastel floss, needle and instructions to make one 18"x13" place mat and one 14"x14" napkin. Counted cross-stitch kit contains 22-count hardanger; stamped cross-stitch kit has design on cotton/polyester fabric. SAVE when you buy 2 or 4 sets!



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Shopping editor's choice

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by Ann Lively

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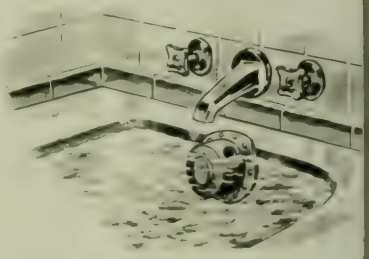
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Bath-soaker's delight



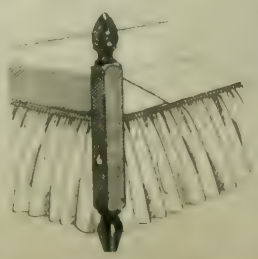
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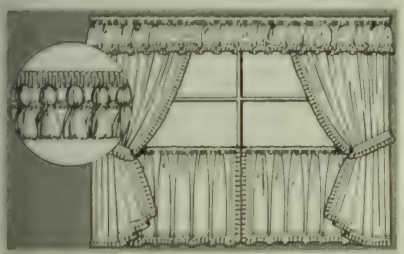
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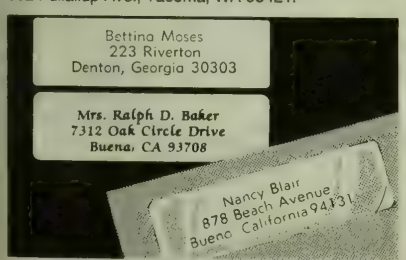
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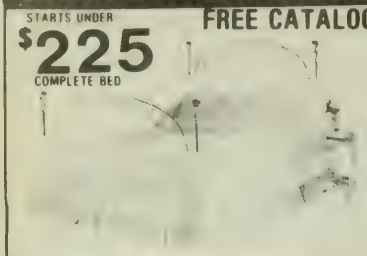
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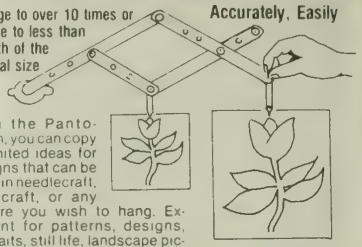
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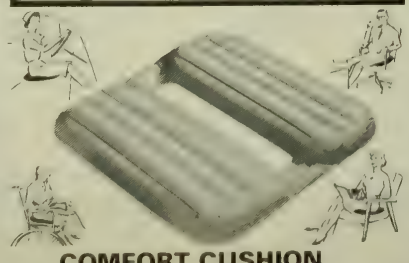


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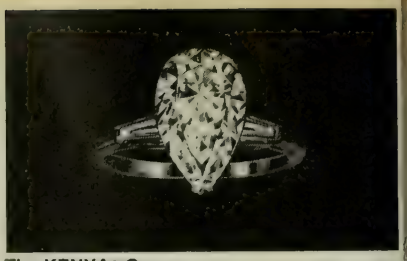


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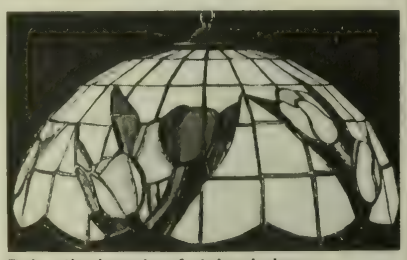
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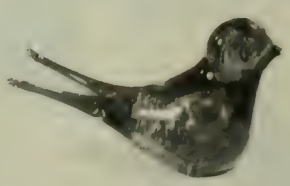
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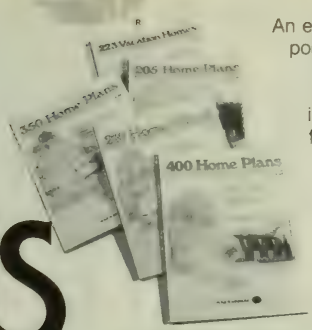
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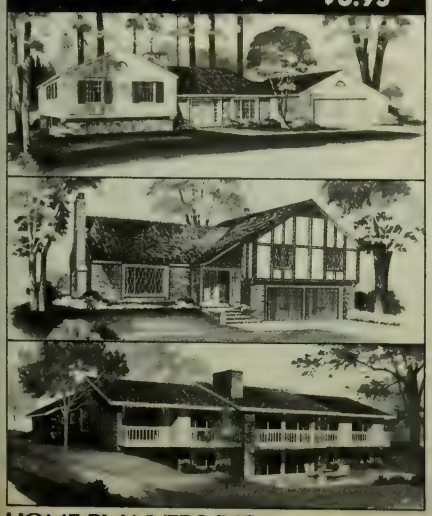
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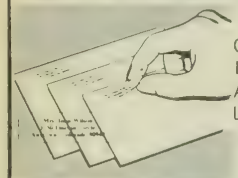
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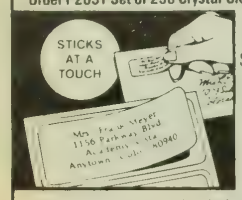
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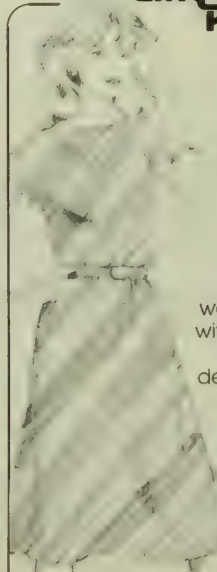
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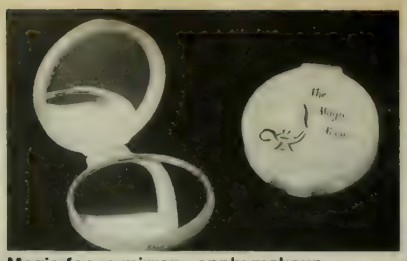


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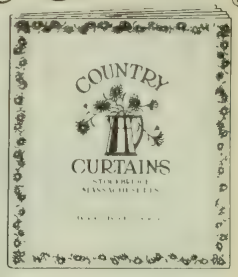


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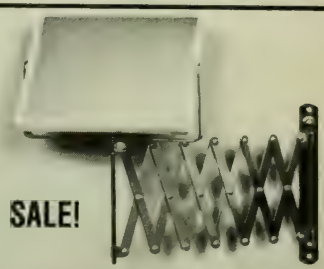
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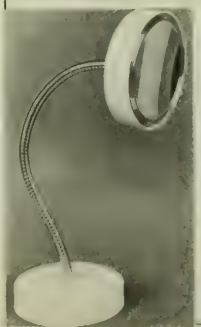
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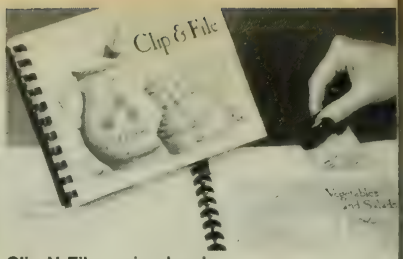
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The Man Next Door®

Ed Bell says his late-winter vacation to Florida didn't make him feel any better about going back to work, but it did make him feel poor enough to have no choice in the matter.

It never fails—the anchorperson on the news show starts out with a hearty "Good morning!" and then immediately proceeds to tell me why it isn't.

Doc Hannelley notes that an important medical event takes place on March 21. All of our winter colds become spring colds.

Dot Dresch observes that you usually can tell how comfortable you feel about your guests by when you plan to do the most picking up—before they arrive or after they leave.

Tish Willis, who teaches the "Know Your Car" class at the community center, likes to tell students that basic auto repairs are simply "a matter of mind over motor."

Those who think young people have no patience, notes editor Earl Reeves, haven't witnessed the phenomenon of hundreds of teenagers standing in line waiting for tickets to a rock concert.

Aunt Alice, who has fixed up her house in hopes of selling it and moving to a condo, laments that she's "awfully tired of living in a place that looks as if nobody lives in it."





Ed Randall claims one look at his checkbook and his waistline reveals the same thing—he's overextended again.

Dick Dresch wonders why on earth folks speak of "running" errands when they spend most of their time standing in line waiting for service.

"No wonder basil is the trendy herb these days," Chris says. "You not only have a hundred ways to use it in cooking, but there are two ways to pronounce it correctly."

Rosemary writes that spring-break travels would be much more economical if college students up North would go skiing and students from down South would head for the nearest beach, instead of vice versa.

I've noticed that complaints about long-winded staff conferences at the office have diminished considerably since the boss rescheduled our weekly meetings for 4 p.m. on Fridays.

Chris and I were shopping at the mall for a shower gift for some friends at the office who soon will wed.

We scouted all sorts of stylish dinnerware, utensils, and linens—but I had to ask if we couldn't make a better contribution. My idea was to assemble a few practical items that no household should be without, but always seems to be, nonetheless—like a collection of small batteries and faucet washers.

Chris chimed in with an extra flashlight, a collection of glue and tape products, safety matches, a few postage stamps, and some spot remover. Before long, we'd added to our newlyweds' survival list: drain cleaner, picture hangers, oil for squeaky hinges, safety pins, a garden hose repair kit, and a dozen or so light bulbs.

Our package may not sound too romantic, but it's sure to minimize frayed nerves in an otherwise happy household. And what gift could top that?

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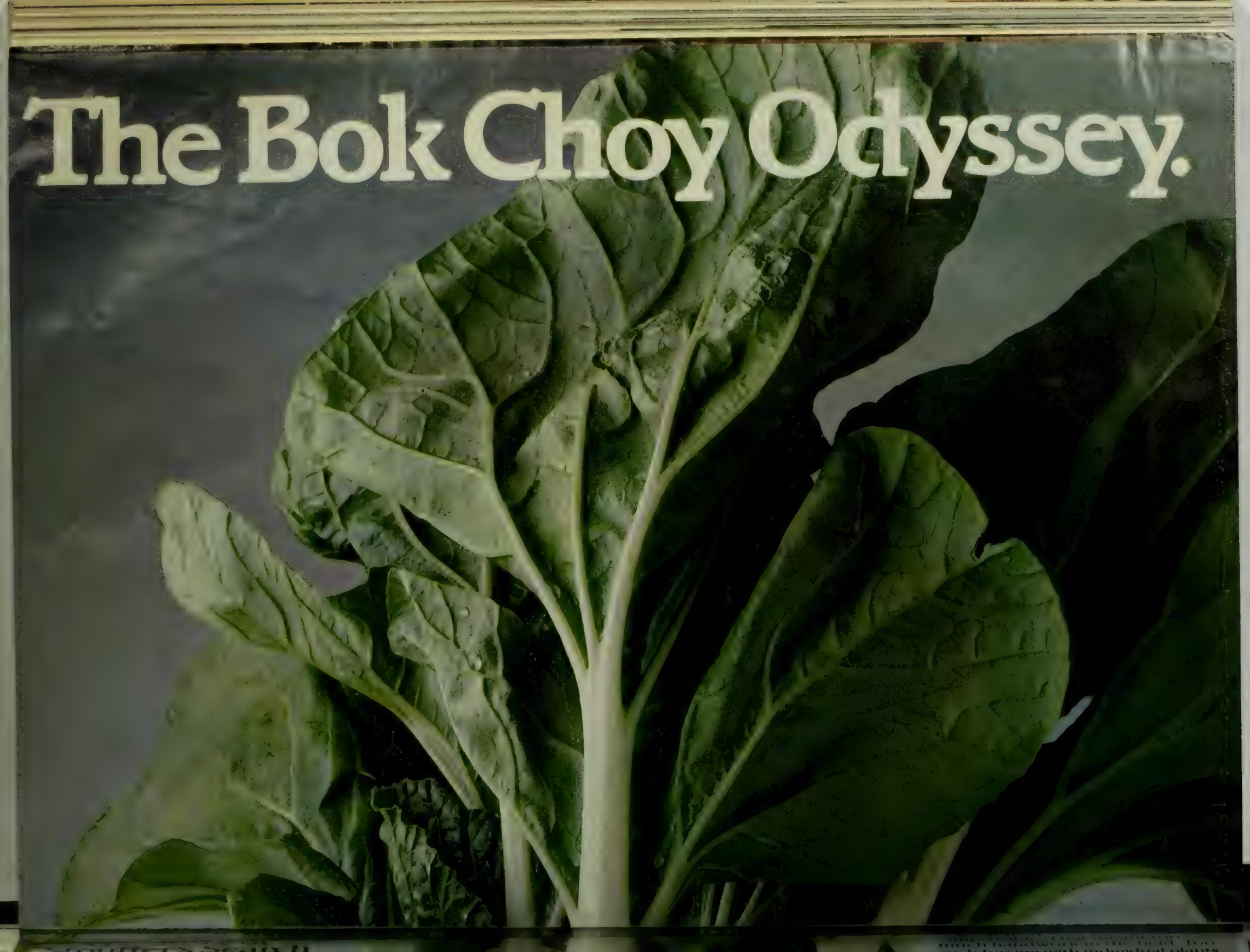
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The Bok Choy Odyssey.



The Story of Stouffer's Search for an Exquisite Chinese Chard.

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What was the Problem? For years, it was not easy to find bok choy. Few produce markets carried the Chinese chard, and gourmet Oriental restaurants seemed to protect their private sources by politely not discussing them.

And the Further Problem? Bok choy was difficult for farmers to grow uniformly. Its tiny seeds made mechanical planting impossible. That meant too much handwork in the field. Too much fussing with individual plants.

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Discover how to solve some of your toughest landscaping problems with vines and ground covers. These versatile plants thrive where others won't grow, and quickly climb and bush out to cover or fill barren spaces.

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- 2 tsp sugar
- 1/2 tsp dried tarragon leaves
- 1/2 tsp dry mustard

Creamy Cucumber

- 1 1/2 cups peeled, seeded, chopped cucumber
- 1 cup BEST FOODS® Real Mayonnaise
- 1 Tbsp milk
- 1 Tbsp lemon juice
- 2 Tbsp frozen chopped chives

Pleasin' Parmesan

- 1 cup BEST FOODS® Real Mayonnaise
- 1/3 cup grated Parmesan cheese
- 1/4 cup chopped parsley
- 1/4 cup milk
- 2 Tbsp lemon juice
- 1 tsp dried basil leaves
- 1 tsp dried marjoram leaves

Tangy Italian

- 1 cup BEST FOODS® Real Mayonnaise
- 3 Tbsp milk
- 2 Tbsp cider vinegar
- 1 clove garlic, pressed
- 1/2 tsp dried oregano leaves
- 1/2 tsp sugar

(pictured)



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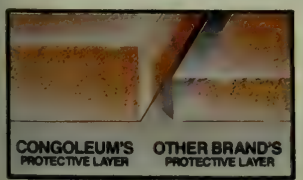
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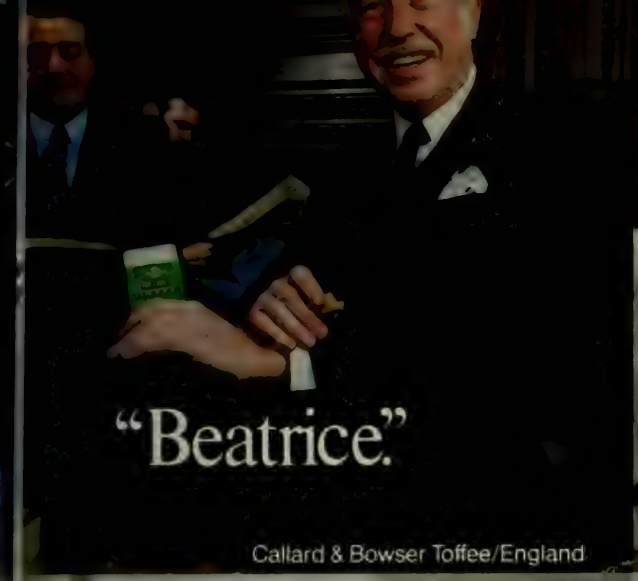
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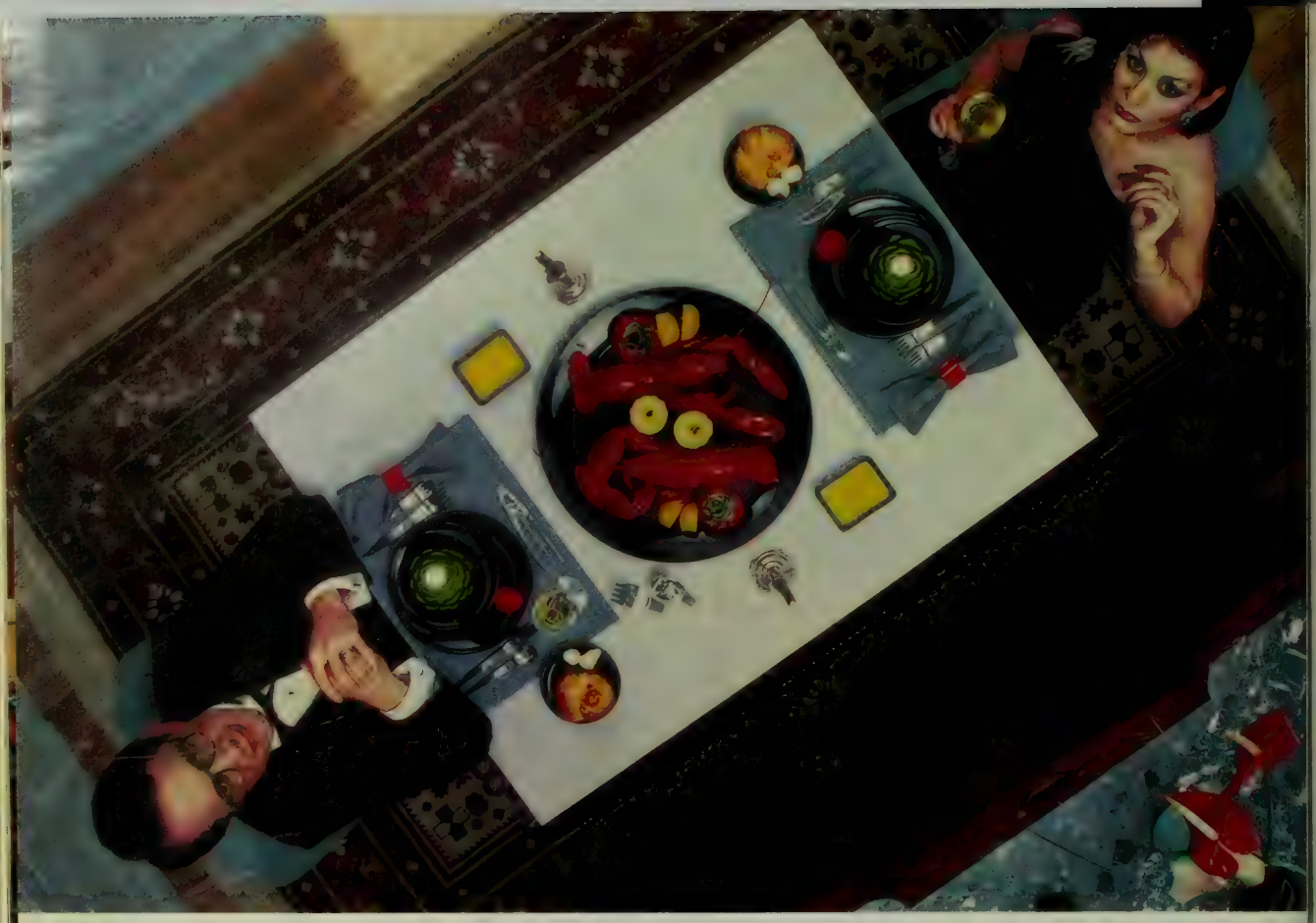




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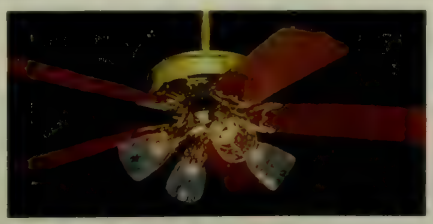


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For details, write MACAP at 20 North Wacker Dr., Dept BH, Chicago, IL 60606 or telephone 312/236-3165.



DRINK YOUR MILK!

Ladies, take heed! A study by the U.S. Department of Health and Human Services indicates that two-thirds of all American women between the ages of 18 and 30 don't consume enough dairy products, the richest sources of calcium. For older women, the figures are even poorer. As a result, osteoporosis (the brittle-bones disease) has reached epidemic proportions among white, postmenopausal women. Calcium gives strength and structure to your bones; without this mineral the bones weaken and crumble. Safeguard yourselves by consuming milk, yogurt, or cheese daily.







TAKE YOUR BEST SHOT

Here's help for taking better pictures at the Los Angeles 1984 Summer Olympics or at your local sandlot. Walter Iooss, Jr., former senior staff photographer for *Sports Illustrated,* tells how to *Take Your Best Shot: A Fuji Film Guide to Sports Photography.* To get this free, pocket-size booklet, write to Fuji Film Sports Photography Guide, P.O. Box 3737-BH, Grand Central Station, New York, NY 10163.

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The latest colors to hit kitchen appliances are elegant platinum and earth-tone toast. High-style platinum is representative of the growing popularity of grays throughout the fashion industry. Toast harmonizes with today's trend toward lighter and clearer kitchen cabinet wood tones. Both are neutral colors that work well with a wide range of color schemes.

continued

TREASURES FROM ABROAD

Forty-nine magnificent works from one of the world's finest collections of illuminated manuscripts are on loan to The Pierpont Morgan Library, 29 East 36th St., New York, for the exhibition "Renaissance Painting in Manuscripts: Treasures from The British Library." This extraordinary exhibition, which comprises the largest and most important group of illuminated manuscripts ever lent by The British Library, continues through April 29.

The exhibit, made possible at the Morgan Library by a grant from Meredith Corporation, focuses on a single period in the history of book painting,



1450 to 1560, and its three major schools: Italian, Flemish, and French. Birago's full-page miniature of St. Michael *(above)*, measures 13.1 by 9.3 centimeters (5.1 by 3.6 inches). Exhibit hours are 10:30 to 5 Tuesdays through Saturdays, 1 to 5 Sundays.

FRIENDSHIP GARDEN

Friendship, ancestral and national pride, and a beautiful place to rest are all part of the planning for the new German-American Friendship Garden in Washington, D.C. The two-acre garden project on the Mall was started in 1983 to commemorate the 300th anniversary of German settlement in America. Planting and construction start this spring; the garden should be open to the public this fall.

If you're one of the more than 60 million Americans who claim German ancestry, or if you just want to take part in establishing a beautiful garden in our nation's capital, you can contribute to the garden. All of the estimated $480,000 construction and initial planting cost will come from donations. The Park Service will be responsible for future maintenance and planting.

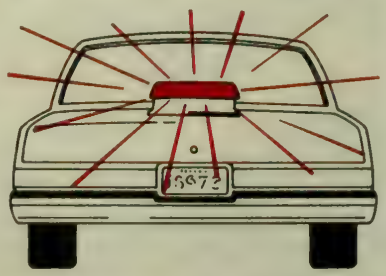
For $8 you can provide a flower for the garden and have your name inscribed on the Scroll of Honor. For details, contact: Friendship Garden Fund, Dept. BH, The Presidential Commission for the German-American Tricentennial, 730 Jackson Place, NW., Washington, DC 20006.

PET POISON HOTLINE

Pet owners now can call a 24-hour animal poison control hotline for free advice. The hotline number, 217/333-3611 (not toll-free), puts you in touch with veterinary toxicologists from the University of Illinois.

UP WITH BRAKE LIGHTS

Autos manufactured after August 31, 1985, will have a third red brake light mounted on the rear of the car. According to the National Highway Traffic Safety Administration, each year this high-mounted light should prevent about 900,000 rear-enders, reduce injuries by 40,000, and



save motorists $434 million in property damage. For $19.95, you can add a Hi-Lite Collision Avoidance Light to the exterior of your car now. (Interior mounting is illegal in many states.) Kits are available at auto parts stores or from local chapters of the American Automobile Association (AAA).

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Can we have an open debate about smoking?

The issues that surround smoking are so complex, and so emotional, it's hard to debate them objectively.

In fact, many of you probably believe there is nothing to debate.

Over the years, you've heard so many negative reports about smoking and health—and so little to challenge these reports—that you may assume the case against smoking is closed.

But this is far from the truth.

Studies which conclude that smoking causes disease have regularly ignored significant evidence to the contrary. These scientific findings come from research completely independent of the tobacco industry.

We at R.J. Reynolds think you will find such evidence very interesting. Because we think reasonable people who analyze it may come to see this issue not as a closed case, but as an open controversy.

We know some of you may be suspicious of what we'll say, simply because we're a cigarette company.

We know some of you may question our motives.

But we also know that by keeping silent, we've contributed to this climate of doubt and distrust. We may also have created the mistaken impression that we have nothing to say on these issues.

That is why we've decided to speak out now, and why we intend to continue speaking out in the future.

During the coming months we will discuss a number of key questions relating to smoking and health. We will also explore other important issues including relations between smokers and non-smokers, smoking among our youth, and "passive smoking."

Some of the things we say may surprise you. Even the fact that we say them may prove controversial.

But we won't shy away from the controversy because, quite frankly, that's our whole point.

We don't say there are no questions about smoking. Just the opposite. We say there are lots of questions—but, as yet, no simple answers.

Like any controversy, this one has more than one side. We hope the debate will be an open one.

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Dan Kaercher

NEW EMERGENCY CARE SYSTEMS THAT COULD SAVE YOUR LIFE



You're spending a quiet evening at home when suddenly you begin to experience chest pain, dizziness, and nausea. A minute later, your family finds you unconscious. This is it—an emergency!

What happens next? Your family could panic and lose precious moments fumbling for the right phone number. The ambulance service they finally do reach could have untrained personnel and outmoded equipment. The result could be fatal. Or, the situation could unfold like this:

Your wife (or husband) starts the cardiopulmonary resuscitation (CPR) procedure learned at a Red Cross class. Another family member dials 911 on the telephone. Within minutes, a trained dispatcher has paramedics on the scene. They quickly assess your condition and speed you to a hospital emergency department. En route, the paramedics are in constant radio communication with a physician at the hospital.

Drugs and a device called a portable defibrillator are used to stabilize your wildly erratic heartbeat. The instant the ambulance arrives at the hospital, emergency physicians and nurses smoothly and competently take charge. Their diagnosis: cardiac arrest due to an acute myocardial infarction—a major heart attack. Treatment continues in the emergency department and, subsequently, in an intensive care unit. Thanks to the response in those first minutes, you are a survivor.

A little more than a decade ago, emergency medical services in the U.S. were so inadequate that a study by the National Academy of Sciences concluded that an American soldier wounded in Vietnam had a much better chance of surviving than someone injured on the streets of an American city.

Comprehensive prehospital care was unknown or so rudimentary that it had little value. Only a handful of urban areas had effective ambulance service. Tellingly, many communities relied on the mortician's hearse to transport patients to the hospital.

Even in cities with adequate ambulance service, emergency vehicles usually contained only the barest of necessities: litter, oxygen tank, and first-aid kit. Few attendants had standardized training and they rarely communicated with hospital personnel while still in the field. Worse yet, most hospital emergency departments were little more than sophisticated first-aid stations staffed by physicians and nurses with no special training.

Then the federal government joined with state and local agencies and the medical profession to make long-overdue improvements. While most experts agree that things still could be better, the transformation has been amazing.

Today a legion of medical professionals (15,000 emergency physicians and 60,000 emergency nurses alone) is dedicated to providing quality emergency care. More than 60 hospitals offer residencies in emergency medicine, which now is recognized as a specialty by the American Board of Medical Specialties.

Emergency departments: The latest in care

"Hospital staffs are much better trained now, and there's much more emphasis on state-of-the-art care," says Dr. Arnold Muller, immediate past president of the American College of Emergency Physicians. Dr. Muller also is secretary of health for the state of Pennsylvania.

Emergency department personnel are responding swiftly and effectively to victims of poisoning, heart attack, automobile accidents, and other life-

continued

Illustration: Hellman Design

continued

Emergency care

threatening injuries and illnesses. They are armed with a host of lifesaving drugs and new equipment that until recently was not found in emergency facilities: portable defibrillators, EKG monitors, and X-ray machines; antishock inflatable trousers used to maintain blood supply to vital organs; oxygen-powered breathing devices; and cervical (neck) stabilizing units.

Emergency specialists now are trained to identify and treat the soaring incidence of emergencies like child abuse, spouse abuse, and rape. They also are prepared to cope with a wide range of natural and other environmental disasters ranging from earthquakes to spills of toxic chemicals.

More than ever before, emergency departments are *staying* prepared. Hundreds of hospitals now have emergency physicians and nurses on duty 24 hours a day, seven days a week. Many hospitals can have other specialists on the scene in just 15 to 20 minutes.

But despite the dazzling strides in recent years, "not all emergency departments are staffed and equipped to handle all emergencies," cautions Dr. John Sacra, medical director of emergency services at Saint Francis Hospital in Tulsa, Oklahoma, and chairman of the Trauma Committee of the American College of Emergency Physicians. There's a growing movement to categorize hospitals according to their ability to deal with specific problems.

Many ambulance attendants and paramedics now take patients not to the closest facility, but to the most appropriate one. Some hospitals perform angiograms (blood vessel X rays), CAT scans (cross-section X rays), and sophisticated cardiac monitoring 24 hours a day; others don't have that around-the-clock capability. Similarly, some facilities specialize in treating particular medical emergencies—severe burns, for instance. "The key," Dr. Sacra says, "is knowing that you can find a certain level of care at a certain hospital."

Trauma centers: Instant response

"A trauma center is like a firehouse," says Dr. Donald Trunkey of San Francisco General Hospital, "It's any hospital, usually a university or community hospital, committed to respond instantly with comprehensive emergency care 24 hours a day."

Trauma centers are the epitome of emergency care for victims of severe injuries. Unlike other hospitals, even those with high-tech emergency departments, a trauma center has at least one surgical team on *constant* duty, usually consisting of a general surgeon, neurosurgeon, and anesthesiologist.

Just a decade ago, there was only a handful of trauma centers nationwide. Now the number is over 40, and it's steadily increasing. Another 200 hospitals don't have surgeons available at all times, but can mobilize a team in less than a half hour.

Harborview Medical Center in Seattle, Sacramento Medical Center, and Wayne State Receiving Hospital in Detroit are leading trauma centers. The state of Maryland has a model network of highly coordinated trauma facilities, as does Orange County, California, where the preventable death rate from accidents and injuries has declined dramatically since a system of trauma hospitals was formed in 1980.

Nevertheless, trauma centers are not evenly distributed across the U.S. Most, including those mentioned above, are located in densely populated metropolitan areas. While Orange County has five and the city of Washington, D.C., has four, 11 states have none at all.

EMTs and paramedics: Skilled help at the scene

"Ten or 15 years ago, if someone suffered a heart attack or serious injury, the only recourse was to bundle the person into the car or call an ambulance containing untrained personnel and make a mad dash to the hospital," says Dr. Michael Krentz, chairman of the Emergency Medical Services Committee of the American College of Emergency Physicians. Today, there's a lifesaving world of difference.

Throughout the country, an estimated 485,000 emergency medical technicians (EMTs) are certified or licensed to give initial care before and during the ambulance ride to a hospital. Most are "basic" EMTs who provide basic life support—bandaging wounds, splinting broken bones, and giving CPR. Approximately 35,000 are paramedics, members of a new and fast-growing class of health care professionals. In addition to basic care, paramedics perform lifesaving services such as establishing intravenous lines or giving drugs to diabetics and cardiac patients.

In some locales, a third group of EMTs—often called "intermediates"—have basic skills and training but also are certified to perform certain advanced techniques. In Sacramento, for example, intermediate EMTs administer basic life support treatment and, like paramedics, can defibrillate heart attack victims when necessary.

In contrast to the days when poorly prepared volunteers manned underequipped ambulance-hearses, many EMTs work full-time for a fire department, police department, or a private firm. In most cases, they also drive vehicles designed for the job, which meet federal specifications and contain standard equipment that is recommended by the American College of Surgeons (including cardiac monitors, portable EKGs, defibrillators, and intravenous lifelines).

In some parts of the country, EMTs may even belong to air-ambulance units that serve the nearly 700 hospitals able to accommodate helicopter takeoffs and landings. In several states, including California, Maryland, and Colorado, helicopters are vital in transporting victims from isolated locales and moving patients from one medical facility to another.

While paramedics are more likely to be found in urban and suburban communities, EMTs (some of whom are volunteers) often serve less populated areas. Even so, they can be just as effective as their big-city counterparts. For example, the small town of Sheldon, Iowa (population 5,000) has a nationally recognized group of EMTs—all volunteers who measure up to their full-time counterparts in any large city.

Coordinated lifesaving: The systems approach

Effective emergency medical care hinges on an exquisitely complex network of services. In Maryland, for instance, ultramodern microwave communication enables paramedics to contact specialists at hospitals through-

continued

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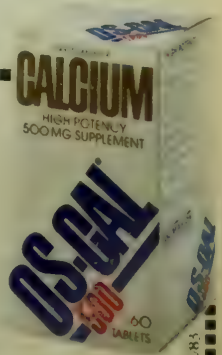
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continued

Emergency care

out the state and then, using a helicopter, airplane, or ambulance, to transport a victim to the facility best able to treat that injury or illness.

Such systems succeed only through the well-rehearsed and coordinated efforts of all concerned: the public, EMTs and paramedics, and emergency department staffs. Do you know what role each of these participants plays? Let's say you happen upon a serious emergency situation. Here's what the American Medical Association says *should* happen, step by step:

1. You begin first aid and you or a bystander call for help using the 911 number. (Note: due to lack of funding, indifference, and local political squabbles, 911 is not necessarily the emergency number in all communities.)

2. Your call is transmitted to a dispatcher, who notes the vital details.

3. The dispatcher contacts the closest available emergency vehicle station and requests immediate assistance.

4. An ambulance quickly arrives with a team of trained EMTs who evaluate and stabilize the victim's condition and contact the hospital most appropriately staffed and equipped to handle the emergency (or a physician who makes the decision about a hospital).

5. While ambulance personnel are readying to leave the scene, hospital personnel are preparing for the arrival.

6. Before and during the ambulance ride, EMTs are in touch with an emergency physician on duty, detailing the patient's condition and receiving instructions for care on the way.

7. The ambulance arrives at the hospital where emergency physicians and nurses continue treatment.

What's available in your area?

The sequence of events outlined above is the ideal. Emergency services vary widely from state to state, county to county, and city to city. The state of Maryland, Orange County, and the city of Seattle, plus many other communities, are pacesetters in delivering emergency care. Some other states and communities lag far behind.

If you're unsure of the quality of emergency care in your community, investigate. Find out if full-time EMTs serve your area. If so, are there basic EMTs or paramedics or both? Are hospitals in the area able to handle most emergencies at all times, or are some better equipped and staffed than others? Your local medical society or county or state health department can help you get answers.

It's your job to find out whom to call in an emergency *before* a crisis hits home. Do you dial 911, or is there another number? Display emergency numbers prominently on or beside every phone in the house. If you're a parent, make sure that your children and sitters know whom to call for help.

You should know that, despite their name, the neighborhood "emergicenters" proliferating across the nation usually are *not* the first choice in case of most emergencies. Such small clinics are equipped and staffed to offer routine medical or minor emergency care. Although some emergicenters are prepared to stabilize the condition of victims of serious accidents or heart attacks, they generally cannot offer the care that a hospital emergency department can. Indeed, the delay in reaching the proper facility could be fatal.

Do note the number of the nearest poison control center. Nearly anyone in the U.S. can call one of 26 regional poison control centers (or one of several hundred local facilities) for immediate advice in the event of an accidental poisoning. Pharmacists and registered nurses working under the supervision of a medical director are trained to give on-the-spot instructions and tell whether you need to go to a hospital.

Remember that no matter how sophisticated emergency care is in your community, the skills *you* bring to a critical situation could mean the difference between life and death. Take a course in CPR and renew your training annually. Get at least basic first-aid training so that you know what to do for bleeding, burns, broken bones, and so forth. And, finally, be careful: Aim not to test the quality of your community's emergency services firsthand.

—With Paul Kitzke

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ıfter years of research, haklee has developed diet plan that gives all the ritical nutrition you need o feel good while you are osing weight.

ose up to six pounds your first week nd feel good doing it.

lany people try to diet but fail because ıey don't feel good while they are ieting. They don't get adequate nutri- on, so they become tired, listless nd irritable, and just plain give up.

With new Shaklee Slim Plan, you an stay on your diet and lose up to ix pounds your first week safely and ffectively because you get all the utrients essential to good health. ou'll find it's easy to lose weight with lim Plan when you feel good doing it.

00% of the nutrition you need.

haklee Slim Plan is so complete in utrition that three packets a day rovide better nutrition than most eople get on their normal diet. You eceive a complete daily requirement f essential vitamins and minerals, lus protein, fiber, and the other criti- al nutrients to maintain a healthy, safe evel of nutrition while losing weight.

Clinically tested and proven successful.

Shaklee Slim Plan has been tested extensively by two leading universities and Shaklee scientists, in clinics and in "real life" situations. In these tests, Slim Plan proved to be highly successful in getting people to lose weight, while at the same time maintaining healthy, balanced nutrition during the dieting experience.

Seven out of ten doctors recommend Slim Plan.

In a recent national survey of 2,000 doctors, seven out of ten said they would recommend Shaklee Slim Plan for their patients who want to lose weight. Slim Plan is so safe that it can be used as a complete meal replacement. In fact, you can safely use Slim Plan as your sole nourishment for up to five days, if you wish.

A flexible program.

Shaklee Slim Plan offers a five-day plan for people who want to lose a few pounds quickly, or a two-stage program for people who are really serious about weight loss. Or you can use our guidelines and build your own plan, setting your own goals and calorie levels. Any way you use Slim Plan, it will teach you to modify your eating habits and start on a lifelong program of being fit, trim, and healthy.

Slim Plan is simple to use. It gives you all the components for a successful weight-loss program, including a guidebook, special recipes, ways to include whole foods, a weight-loss diary, a calorie counter, and an exercise program.

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Shaklee is a pioneer company dedicated to the philosophy of providing good health and good nutrition. Slim Plan combines the best of modern technology with the best of nature, and contains no artificial flavors, colors, or added preservatives. It is as natural as can be.

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Antiques & Collectibles

Early Game Boards

Vintage game boards for checkers, chess, Parcheesi, and other types of games now have new uses as lively accents for modern room settings.

Originally these colorful boards provided hours of enjoyment for travelers passing time in hotels or railroad stations, for friends gathering around the potbellied stove in the town's general store, and for families spending a quiet evening at home. Today, these rustic game boards are valued as cheerful examples of Americana.

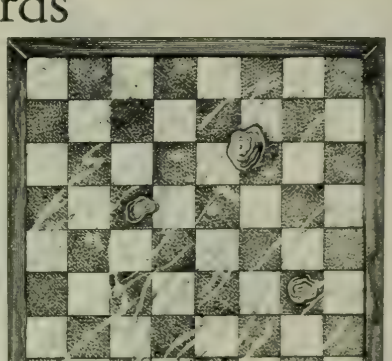
The most eagerly sought boards are the handmade versions with fanciful decorations. A large number of factory-produced boards also exist, but they're generally of less interest to collectors.

Checkerboards that date from the 1880s to the 1920s compose the most readily found group of game boards. Many are painted with the customary grid in red and black, but such unusual color combinations as blue and black, green and yellow, or green and red make some boards more desirable and thus more costly.

You'll probably find homemade Parcheesi boards more difficult to locate than checkerboards. The primitive designs of these highly colorful boards, however, make them a consistent favorite among collectors and well worth the extra effort.

Even more rare are the charming boards for games played with marbles. Forerunners of the modern pinball machine, these long, rectangular boards have round tops and their pathways for marbles are created by nails. Unusual colors and designs decorate the surfaces of many marble games.

Regardless of which type of game board you're interested in, look for examples with embellishments of primitive paintings and carvings. Decorative motifs, like animals, flowers, people, houses, or simple geometric shapes, added to the borders or other parts of a board can greatly increase its value. The finest examples are collected as bona fide folk art, and also command the top prices.



Boards made to be used in a store, hotel, or barber shop will sometimes have names, initials, place names, or dates painted along their edges or on their reverse sides. These markings don't necessarily add to the value of a board, but they do make it more fun to own and display.

Not all game boards were made of painted wood. Some were inlaid with small pieces of varicolored woods that form the grid or pattern. Others were constructed of glass with reverse glass painting used for decoration.

You can find game boards throughout the United States, but they're most common in the Northeast and the Midwest. With a little hunting, good examples can be rescued from attics and old sheds, or purchased at yard sales and country auctions. Prices can be reasonable, too. Some boards cost as little as $10 or $12. If you're buying an elaborate board from a knowledgeable antiques dealer, however, the price can be as high as $200 to $500.

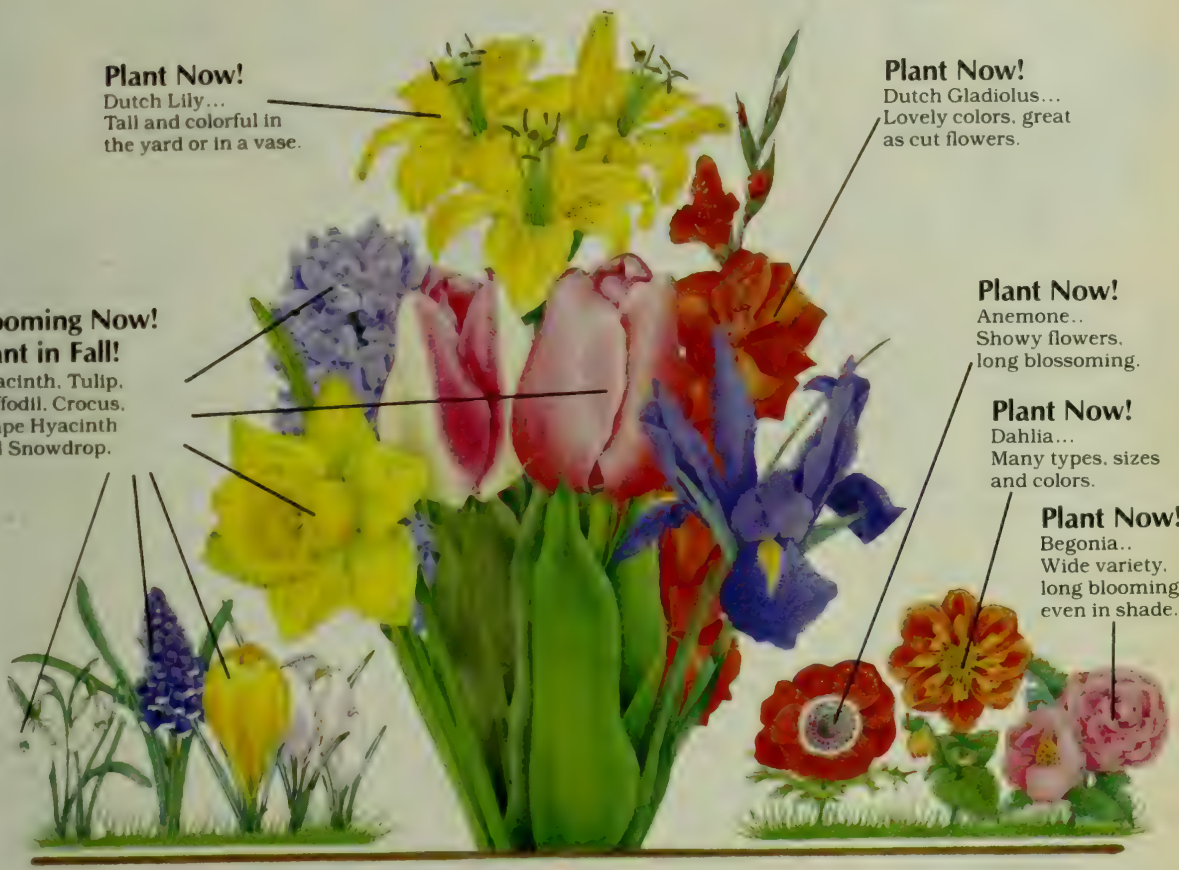
Be sure to watch out for modern reproductions. Many of today's craftsmen fashion checkerboards that sell for a fraction of what an old board costs.

Earlier boards will have paint that is worn and dull, instead of shiny. They also may show tiny spiderwebby lines called crazing. Other wear marks, such as worn corners and scratches, also help indicate age. Once you compare old boards with new ones, you'll be able to make the distinction.

—With William C. Ketchum, Jr.

Illustration: Roger Leyonmark

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How to Keep Lawn and Garden Tools in Shape

Lawn and garden tools are built for rugged outdoor use, but with everyday wear and tear they inevitably deteriorate. Tools will last a long time if they're stored and cared for properly. And the investment you make in preventive care will save you from untimely repairs and replacements.

Frequent inspections are important during the months that tools get heavy use; once a tool is damaged, you should repair it before you use it again. As soon as you've finished using a tool, clean it, then store it in a dry place.

Well cared for tools make gardening more enjoyable. You can cut down on unnecessary repair jobs by following these tips for tool maintenance.

Hand tools

Before you go indoors after working in the garden, every hand tool you used that day should be washed and dried. A wire brush will remove any rust and caked dirt from metal parts. To avoid injuries from splinters on wooden handles, sand off all rough spots. If the wood splits, apply waterproof glue to the area and wrap outdoor plastic tape over, above, and below the split. Or buy a new handle to replace the old one. (Replacement parts are less expensive than buying new tools.)

To sharpen a dull tool, secure the shank in a vise with the cutting edge facing up. With a rough metal file, sharpen the top cutting edges; file only on the downstroke and into the blade. Follow this with a fine-toothed file. Sharpen scissors and clippers on the bevel side only, with the file traveling from the heel to the point of the blade.

At the end of the season, metal parts on tools should be polished with steel wool, then wiped with oil to prevent future rusting. Lubricate tools that have moving parts, including grass, hedge, and pruning shears. Use a hammer to straighten bent metal edges.

Garden hose

Your garden hose will last longer when you follow these rules: Never leave a hose out on a lawn or driveway where it may be damaged by mowers or cars. When you're not using your hose, keep it on a reel or coiled on the ground. Avoid stretching a hose; the faucet section will get kinked. In the fall, drain the hose before storing.

To repair small cracks and holes in a hose, spread a thick layer of rubber glue over the crack. Bend the crack open to allow some of the glue to seep in; let it dry for about 15 minutes. Apply a second coat. After the second layer has dried, wind an overlapping strip of friction or plastic tape over, above, and below the crack. Let the repair set for 24 hours before using the hose.

Power lawn mower

Power lawn mowers need regular maintenance during months of operation and just before storage in the fall. No-starts in the spring usually occur when a mower hasn't been properly winterized or cared for.

Keeping the outside of your mower clean during the clipping season will prevent engine clogging. With a stiff-bristle brush, a rag, and soapy water, remove dirt and dried grass clippings from the housing and cooling fins. Heavy grease and oil can be dissolved with degreaser or denatured alcohol.

Before storing your mower in the fall, you should drain most of the gas from the tank and let the engine run itself out. (This also should be done during the clipping season, if you don't intend to run the mower for a couple of weeks.) Fuel left in the tank causes the formation of gum and varnish deposits that clog fuel lines and the carburetor.

Changing the oil at the end of the season will give you a head start on the next year's lawn chores. Before draining the oil, run the engine for a few minutes; this will mix dirt and sludge from the bottom of the crankcase so that it drains out with the oil. Check drive-chain oil levels, and add oil if necessary. Oil wheel bushings (except plastic bearings), drive gears, linkage rods, straps, and other pivotal points.

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Good News

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MENDING AIDS

A new line of Easy Menders contains four helpful appliances to simplify mending chores.

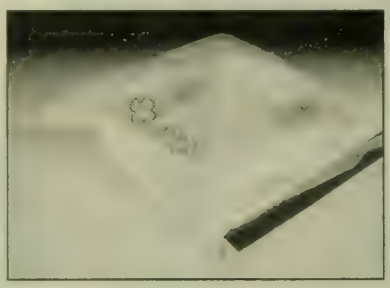
Tiny Tailor mending machine is a lightweight (less than six pounds), easy-to-use, powerful little sewing machine that is preset with a durable two-thread lockstitch for tailored-looking repairs. It will even sew through layers of heavy denim. The machine has built-in thread winder; machine bobbin winder; and preset tension, pressure, and speed.

The Stitch-Me-Quick hem and seam mender is a hand-held machine for simple emergency mending and basting. It uses a chain stitch for fast hem repairs of clothes and drapes.

Button-Magic reattaches buttons with thread in double-quick time. You simply squeeze the machine lever.

Match-A-Patch hole and tear mender makes nearly invisible repairs to small tears and holes. Repairs should last through washings or dry cleanings. A temperature control soleplate helps the mender work well on most fabrics.

Tiny Tailor mending machine, about $80; Stitch-Me-Quick, Button-Magic, and Match-A-Patch, about $30 each. The Singer Company, 135 Raritan Center Parkway, Raritan Center, Edison, NJ 08837.



WATERPROOF POUCHES

A bag for all seasons is now available in tough vinyl with a self-gripping hook-and-loop fastening tape closure, and tie string handle.

You can keep cameras, food, clothing, and even sleeping bags dry no matter what the weather. You can even drop these bags overboard and the contents will come up dry.

The bags also are great for keeping wet clothes isolated.

Kenyon Waterproof Pouches, about $4 for 6x8-in. and $30 for 23-in.-sq. pouches. Kenyon Consumer Products, 200 Main St., Kenyon, RI 02836.



PORTABLE POOL

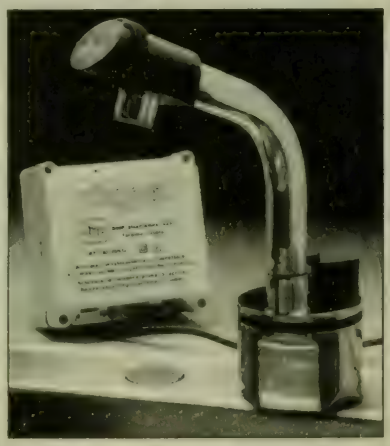
Made by the people famous for inflatable boats and life rafts, this portable backyard Hippo Pool is large enough for swimming laps.

Roll out the super-sturdy nylon on a flat bed of sand, inflate the sidewalls with air from your vacuum cleaner (a release valve gives an audible signal when sides are full). Then attach a garden hose and replace air in the sidewalls with water. Fill the pool with water and you are ready for family fun. The sides of the pool make a springy "water bed" for sunbathing.

The high, cushiony walls are an added safety feature. Just remove the ladder and small children won't be able to climb or fall into the pool.

The pool comes in five sizes, up to 31 feet long and 4¼ feet deep, complete with ladder, filtration system, pump, hoses, and surface skimmer.

Hippo Pool, from about $1,700. The Hippo Pool Division, Zodiac of North America, Inc., P.O. Box 400, Stevensville, MD 21666.



SENSOR FAUCET

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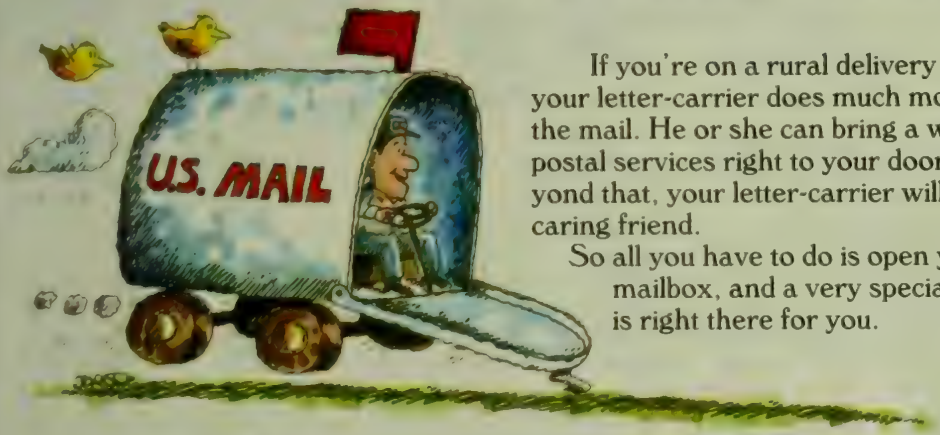
A lever at the base of the faucet enables you to control water temperature after the faucet is on.

No-Hands faucet, about $325 for bath, $350 for kitchen. Sloan Valve Co., 10500 Seymour Ave., Franklin Park, IL 60131.

continued

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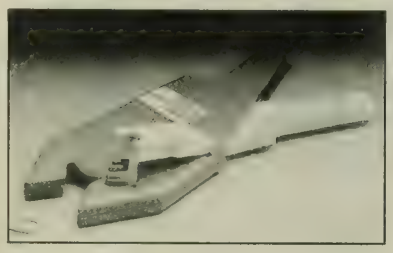
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Clipser, about $10; Super Clipser, about $15. Clipser, Division of Simer Pump Co., 5960 Main St., Minneapolis, MN 55432.



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SAFT Battery Belt, about $100. SAFT America Inc., Portable Battery Division, 931 N. Vandalia St., St. Paul, MN 55114.



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Energy$Teller, about $80. Advanced Micro Products, Inc., 150 N. Meramec, Suite 250, St. Louis, MO 63105.

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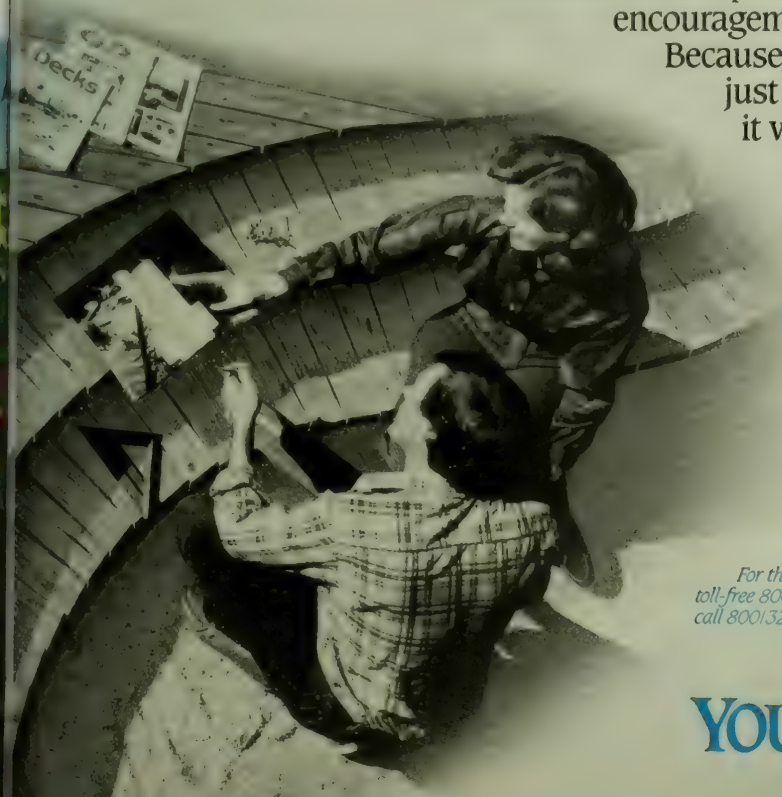
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"Branch II" log chair (frame only), about $875: by Blake House, Inc.

Buying information, page 167.



By Shirley Van Zante, Denise L. Caringer and Robert E. Dittmer

Photographs: Hedrich-Blessing

ALL-STAR FAVORITES







■

Classic metal-framed butterfly chairs from the 1950s *(opposite, far left)* have made a comeback. Freshly colored covers give them up-to-date appeal. Frame and one cover, about $44 from Landes Furniture.

■

"Get your popcorn, peanuts, candy..." and enjoy them in chairs like these *(opposite above)* with fuss-free covers that zip off for cleaning. Made in Denmark, the lightweight, low-slung chairs offer high style at a steal of a price. About $90 each, from Workbench.

■

Sitting it out on the sidelines isn't half bad when you can enjoy a beautifully crafted bench like this *(opposite below)*. Adapted from an old Texas design, the handsome bench is at home in a bedroom, hallway, or at fireside. About $530, from Hickory Chair.

■

One, two, three! This charming "Windsor settee" *(below)* will score a run (or three) on any turf, from country to contemporary. The delightful pine bench, available in natural or colored finishes, is a reproduction from the Museum of American Folk Art. About $600 from Lane.

Buying information, page 167.



JAZZY NEW DESIGNS

■

Breuer's famous dining chair has undergone a key change. The chair's unmistakable silhouette remains, but this new version *(below left)* is formally attired in a coat of black, channel-quilted fabric. About $525, from Design Institute America.

■

A stool this handsome *(below)* will lend a jazzy air to any room. Let it solo, or create an ensemble of two or more for the bar or kitchen. "Anna stool," about $205, from Kartell USA.





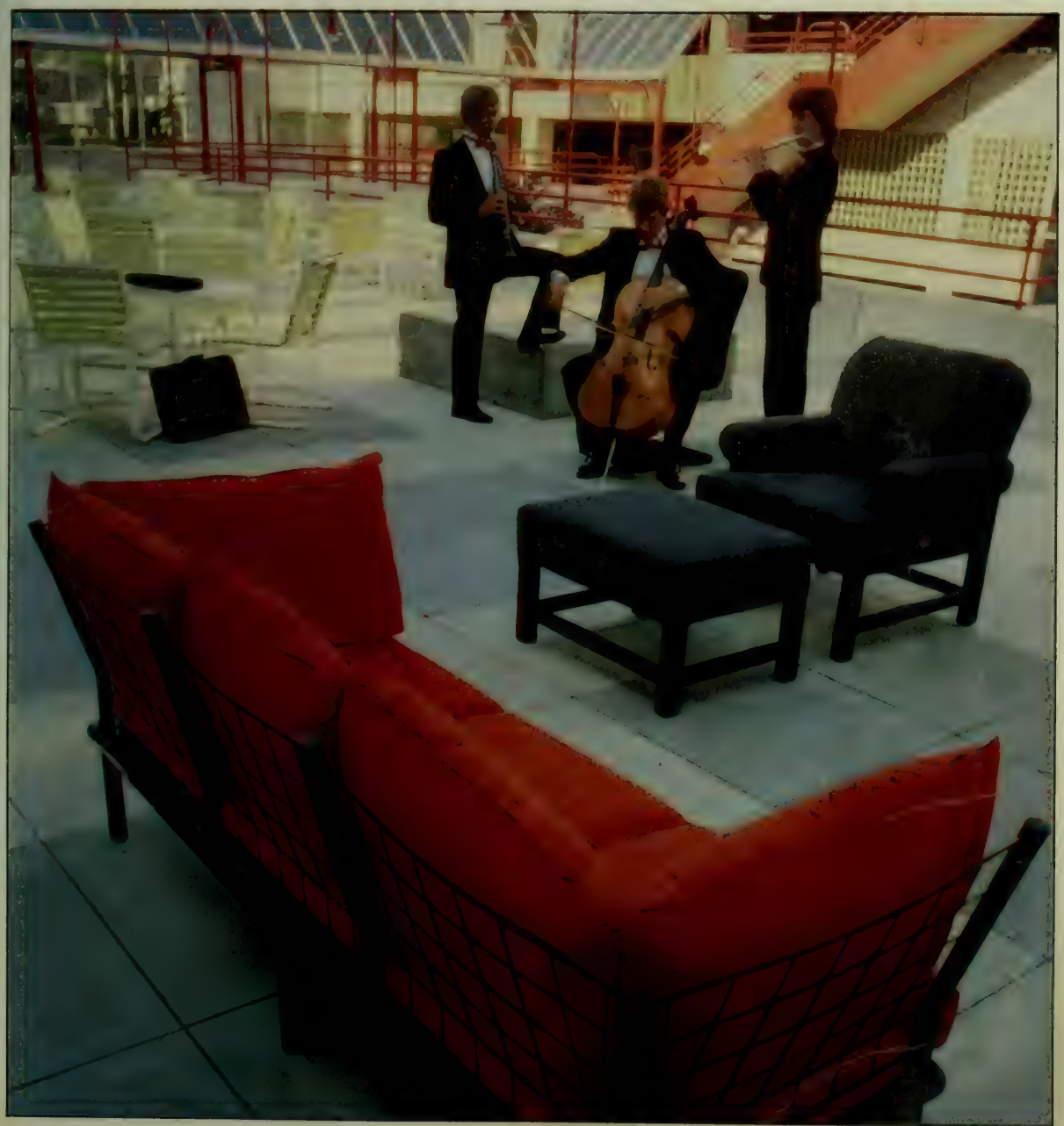
■

Red and black make beautiful music together. This grid-frame sofa *(below)* sets the scene for a bold, new room scheme. The gray-flannel chair and ottoman harmonize with many settings. Sofa, about $790, from Progressus. Chair, about $785, and ottoman, about $350, from Thayer Coggin.

■

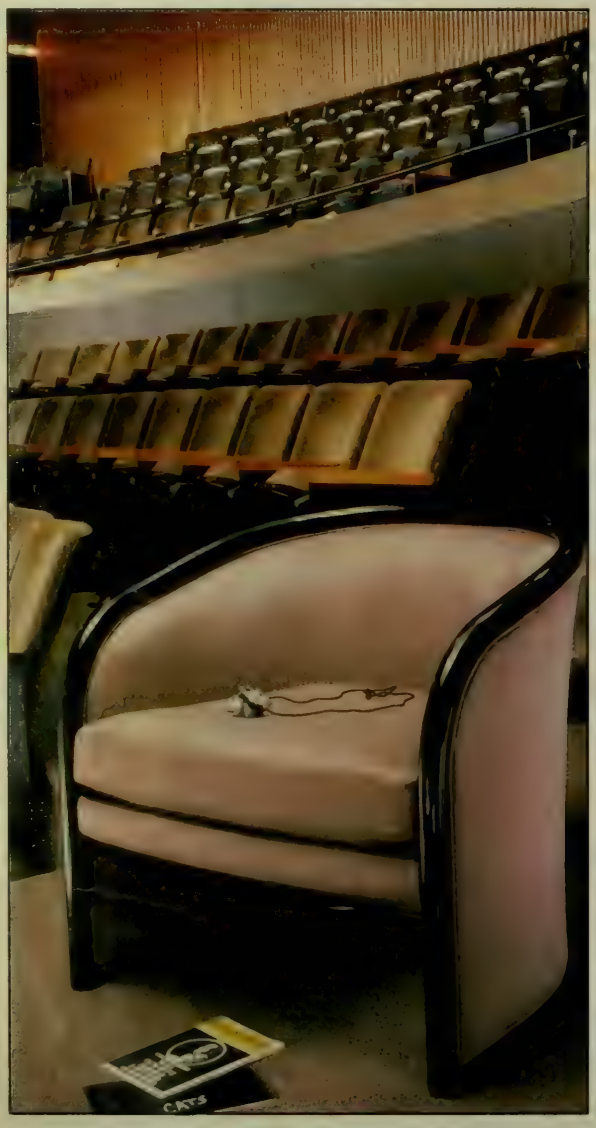
Covered in snappy, black parachute cloth, this chaise longue *(right)* can give a virtuoso performance in your den or bedroom. Or, pair two for a sophisticated, fireside duet. About $1,400, by Swaim Originals.
Buying information, page167 .





STAGE-SETTING SHAPES AND COLORS







■

Stage a 1930s revival in your home. This Deco-inspired tub chair, with black trim and almost iridescent velvet upholstery will get you started *(opposite, far left).* About $800, from Bernhardt.

■

Take five! Put your feet up and relax in this new version of the classic Siesta chair from Norway *(opposite above).* Updated with beechwood and canvas, the lounge chair will turn any corner into an inviting intermission spot. Chair, about $280, and ottoman, about $150, from Scandinavian Design.

■

Don't keep this graceful "Versailles love seat" *(opposite below)* waiting in the wings! Give it an important role in your entryway, bedroom, or porch. Available in several lacquer finishes, about $650 from Elegance.

■

Spotlight the drama of unexpected furniture designs *(below).* The sculptural fan back lets this dining chair steal the scene. The modular seating takes its style cue from pure geometry. "Totem" chair, about $200, from Scandinavian Design. Modulars, about $490 each, from Trend Line.

Buying information, page 167.



POCKET-SIZE WORK SPOTS

By Karol Brookhouser

Today's work areas are taking on new, expanded roles as more people operate a home-based business, use personal computers, or simply want a private place to study. Few of us can spare a whole room to meet these needs, but there may be an idle niche around the house that can be retooled to handle the load. Make a few alterations like the ones shown here, and you'll have a home office that works as hard as you do!





Outfitting an alcove

An awkward alcove can become a personal work haven when fitted with sleek wall units *(opposite)*. Although the laminated cabinets look like custom built-ins, they're actually freestanding units. When not needed, the desk/game table folds into the middle cabinet for compact storage. Track lights illuminate the work area, and Oriental-style chairs add an understated elegance that's right for business, or for pleasure.

Opening up a closet

Yesterday's closet is today's state-of-the-art home computer center. By removing the door of this closet *(top right)*, space is opened up for an eye-popping electronic work area. Wraparound built-ins maximize the boxy nook, providing storage and countertop space within easy reach of the roll-about office chair. The units' laminate veneer has a matte finish to help prevent glare and a slit in the countertop allows paper for the computer printer to be fed directly from the lower storage cabinet. A durable rubber floor mat helps reduce static buildup.

Maximizing a dormer

Even a small attic dormer becomes a cozy study cranny for one when fitted with a desk *(right)*. The built-in surface and drawers provide maximum work and storage areas in small quarters and a wall-hung book cubicle saves on floor space.

Buying Information page 167.

Photograph: Opposite, Jessie Walker Design: Cynthia Ruhaak. Photograph: Top, Steven Fridge. Design: Agnes C. Bourne, ASID. Field editor: Barbara East Cathcart Photograph: Above, Jessie Walker. Design: Barbara Palazzo





Smart Spruce-Ups for WALLS AND CEILINGS

By William L. Nolan

Most often, the masterstroke of a successful room revamp is a deft choice of finish materials. If it's architectural oomph you're after, or a classy cover-up for cracks or bulges, consider the eye-catching finish treatments on these pages. Each makes creative use of ordinary, low-cost materials and simple do-it-yourself techniques. Pick the one that works best for your project, or use our sampling as an inspiration for concocting your own design.

Cinematic Lighting Strip

A special ceiling treatment reminiscent of Beaux Arts opera houses and movie palaces sets the stage for a collection of postmodern furniture in this recently remodeled living/dining room *(above)*. The original ceiling was raised to make room for a deep cove above the walls. Tucked behind the wide molding is a series of 56 incandescent bulbs that operates on a single rheostat switch.

New rafter ties mounted 14 inches above the molding replace the original rafters *(sketch 1, opposite)*. To form the cove, sheets of drywall were scored on the inner side and curved to follow the roof slope. The molding was built up with stock millwork and painted off-white to match the rest of the woodwork in the room. A 2x4 ledge behind the molding supports the lighting system.

Photographs: Hopkins Associates. Architect: The Hopkins Company/Steven Quarls. Field editor: Bonnie Warren

Latticework Kitchen Face-Lift

The versatility of lattice makes it a natural for spruce-up projects indoors as well as outdoors. This charming kitchen redo *(right)* illustrates several ways to put this versatility to work. For example, the owners wanted to give their updated kitchen a period charm without investing in costly detailing and finish materials. They opted for lattice inserts instead of elaborately carved paneling on the wall cabinets and pantry doors, and paired lattice screens with stained-glass windows in the skylight. The screens are both functional and decorative, reducing glare and helping to insure privacy from neighbors. Weathered brick—another inexpensive finish material—is put to good use, too, as an easy-care work surface, a handy display ledge (above the backsplash), and a wall treatment. Mellow hues in the natural pine flooring and the Portuguese tiles on the backsplash round out the room's rustic charm.

Photographs: Hopkins Associates. Architect: Lee R. Connell, Jr., AIA. Field editor: Bonnie Warren



Natural-Pine Accent Grid

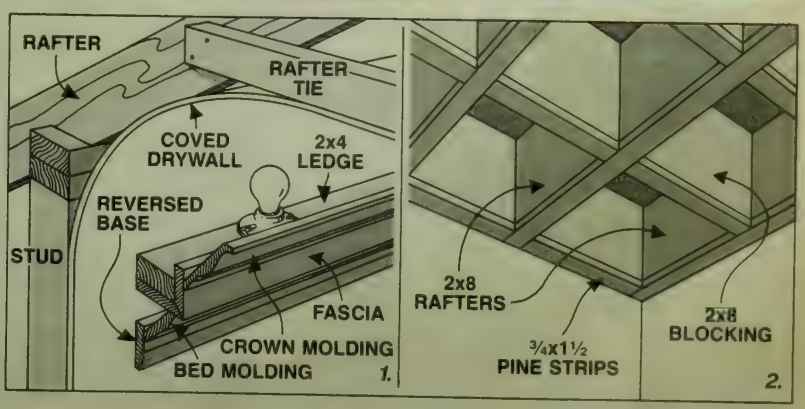
What appears to be an elegant suspended ceiling in this three-season porch *(right)* is actually a cleverly disguised system of exposed joists. Blocking was added between the joists to create a coffered grid *(sketch 2)*, then the entire framework was painted flat black and trimmed on the undersides with ¾x1½-inch pine strips. The strips were given a natural finish to match the dining ensemble. (This treatment also would be an effective ceiling solution for unfinished basements or garage conversions.)

Track lighting fixtures above the conversation area are mounted on individual brackets inside the grid, so there's no conventional track unit to interfere with the grid lines. Also, the fixtures can be moved to other rooms when the porch isn't in use. Durable indoor/outdoor carpeting supplies additional contrast for the pine strips.

Photographs: Hopkins Associates. Interior design: Thomas Eickhoff Design. Field editor: Pat Carpenter

Buying information, page 167.





Rustic Pine Board Paneling

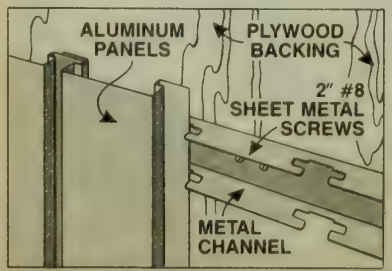
Early do-it-yourselfers often relied on simple pine boards as an all-purpose finish material. That same resourcefulness inspired this modern-day living room face-lift *(right)*. The original plaster on the walls and ceilings was badly disfigured by large patches and cracks, so the homeowners replaced it with horizontal wood paneling. They covered the walls with 1x12s (surface-finished on one side only), and finished the ceiling with tongue-and-groove car siding. To allow for expansion, the 1x12s are mounted horizontally and spaced ⅛ inch apart. The baseboards and trim also were cut from 1x12 stock. The wall boards were sealed with a primer and two coats of latex semigloss, and the ceiling was treated with clear sealer and a coat of varnish.

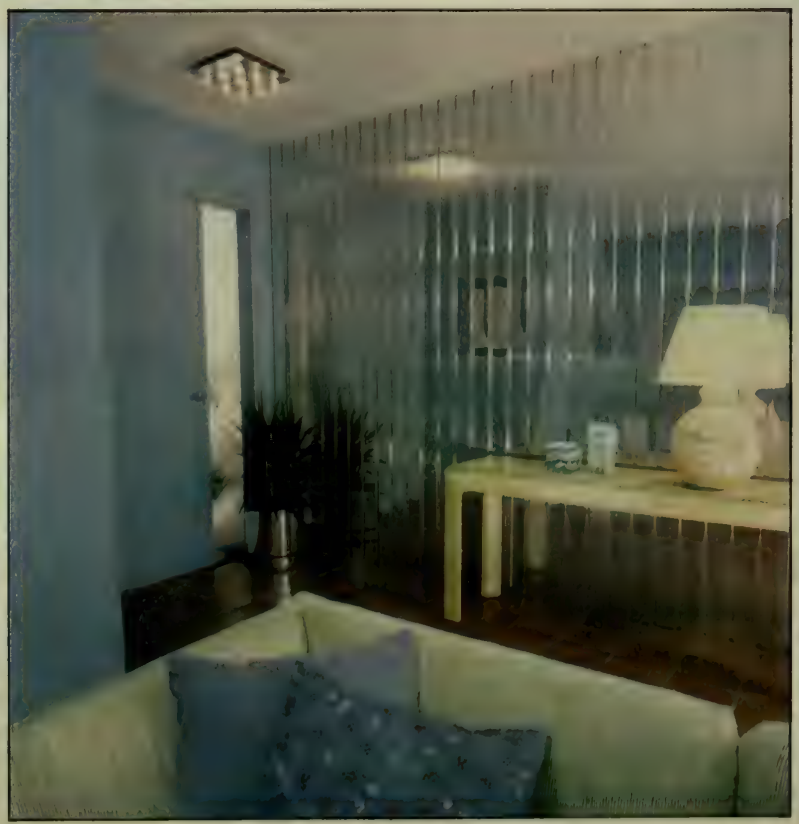


Pop-In Aluminum Panels

Another savvy camouflage for unsightly plaster is this metal panel system *(right)*. Here, mirrorlike brushed-aluminum panels lend an elegant high-tech sparkle to an entry area—and create an extra sense of spaciousness. A similar treatment could accent a family-room ceiling or dress up one wall of a master bedroom. Metal paneling is available in a variety of other finishes, including matte and polished bronze.

The panels pop into small cutouts spaced at regular intervals along narrow metal channels (see sketch). The channels are attached to an underlayment of ¼-inch plywood (you could substitute 1x2 furring strips) nailed to the wall studs. To fit around light fixtures and electrical outlets, the panels can be trimmed with metal shears.





Photographs: George Cecile. Illustrations: Carson Ode

It's More you.

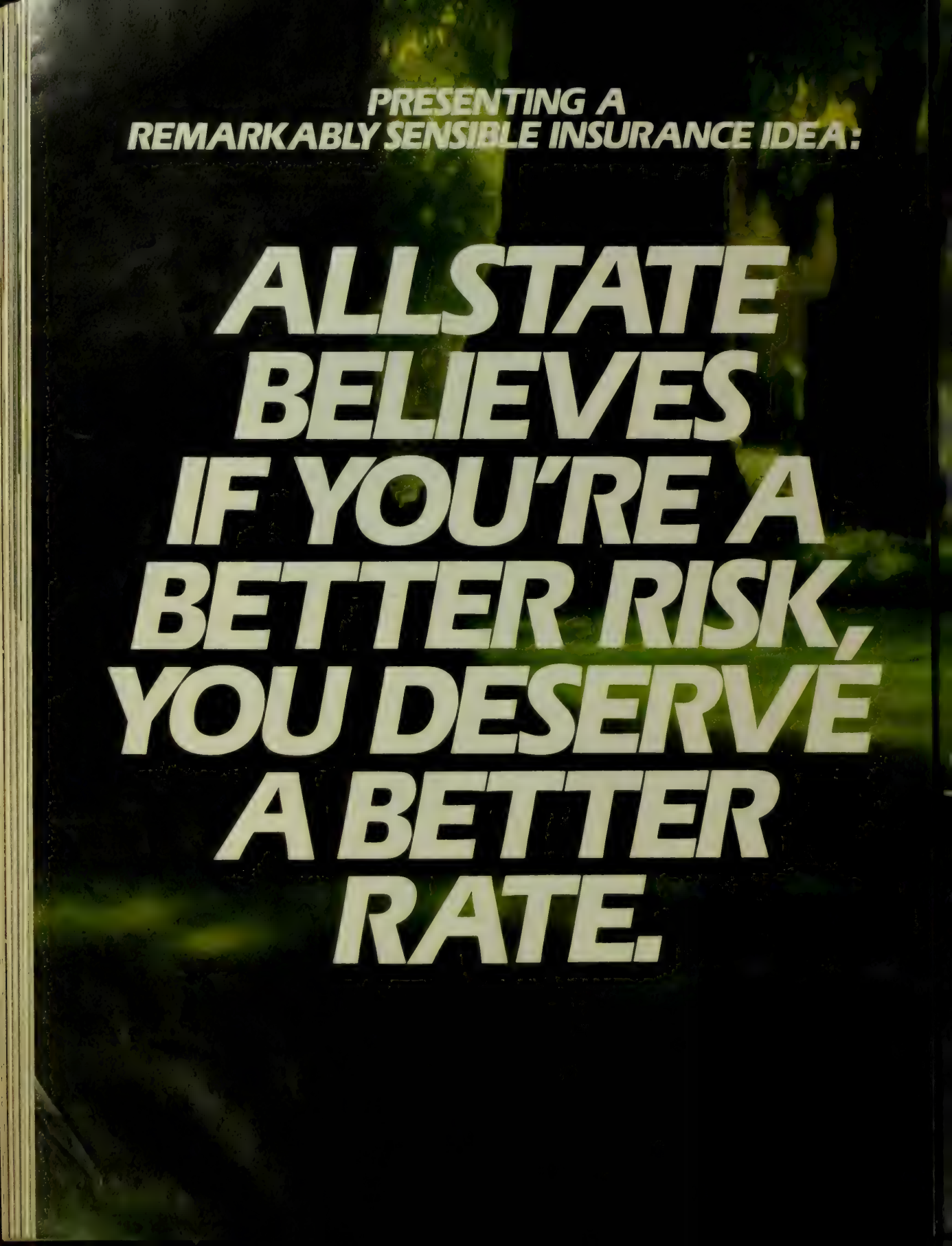
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Margaret Daly

How To Buy Stocks
A LITTLE AT A TIME

With the stock market so much in the news recently, you may be tempted to get in on the action. One good investing strategy that can minimize your risk is to purchase stocks a little at a time. There are a number of ways to do so, but don't throw caution to the winds—or to your Uncle Harry's "insider's" advice. Even the smallest investment should be treated with respect. That means taking the time to do some research into the various options before committing your investment funds.

Recognize also that you're investing for the long haul. Rather than trading in and out of the market, your aim is to gain from an overall rise in stock prices, as well as from investment income, over a long period.

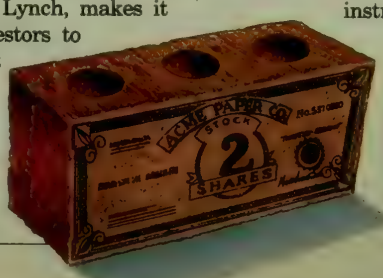
Furthermore, with a steady, buy-over-time strategy, you'll benefit from "dollar cost averaging." That means your investment of, say, $50 a month will buy more shares when a stock's price is low than when it's high, but your average cost per share will tend to be lower than if you bought all your stock at once.

To maximize your investment, arrange to reinvest dividends when possible rather than collect them as current income. Also watch your costs. Brokers' commissions on small trades can eat up your profit. Look for discounts and explore the variety of new products and services that banks, brokers, insurance and mutual fund companies have developed recently.



Brokerage-firm plans

At present, at least one major brokerage house, Merrill Lynch, makes it easy for small investors to buy stocks a little at a time. With the company's Sharebuilder Plan, you can buy any stock listed on the New York and the American Stock Exchanges and most over-the-counter stocks. Commissions are discounted up to 40 percent from those charged for normal trades, and Merrill Lynch will provide a list of recommended stocks if you request it.



Twenty-five dollars is the minimum investment in this plan. You can spread your investment over several issues so long as at least $25 (after commissions) goes to each. The firm will record any share fractions in your portfolio and credit dividends for both full and fractional shares. Dividends are reinvested automatically unless you request otherwise. For more information about the Sharebuilder Plan, call the Merrill Lynch customer service office at 800-221-2856.

Mutual fund reinvestment plans

With mutual funds, your investment money is pooled with that of other people and then invested by the fund's managers in various kinds of financial instruments. The chief advantage is that once you select the fund you want, the fund managers take over, using their expertise and the leverage gained by investing lots of money at once to get the greatest return possible (There's a small management fee each year of .7 to 1 percent of your investment.) You also benefit from a diversification of investments within the fund.

Almost all mutual funds offer automatic reinvestment of dividends, a good way to continue investing a little at a time. Rather than being sent to you as immediate income, your dividends are used to buy more fund shares. Commission fees, if there are any, usually are waived in reinvestment plans.

You can buy mutual fund shares either directly from the fund manager or through a brokerage firm. "Load" funds charge a one-time sales fee of up to 8½ percent; "no load" funds charge no sales fee. Many stock funds require as little as $100 or even less to start up.

Check specific fund requirements by looking in the mutual fund summary of Standard and Poor's Stock Guide, available at most libraries and brokerage houses. The guide also can be ordered for $6 from Standard and Poor's, 25 Broadway, New York, NY 10004. Or, send for information from the Investment Company Institute, 1775 K Street NW, Washington, DC 20006, and the No Load Mutual Fund Association,

continued

Illustration: Art Factory

continued

Buying stocks

11 Pennsylvania Plaza, Suite 2204, New York, NY 10001.

Stock dividend reinvestment plans

Not only mutual funds, but also 1,300 companies offer dividend-reinvestment plans that allow you to buy more of the company's stock automatically, usually with no commission fee and often at a 3- to 5-percent price discount as well. All it requires is written notice of your desire to have the dividends reinvested that way.

This approach can be even more profitable if you invest in any of 71 utility companies approved by the government to allow you to defer taxes on reinvested dividends until you sell the stock. Under present tax law, the special plan for utilities stays in effect through 1985 and applies to the first $750 in dividends.

You can get a list of companies that offer dividend reinvestment plans by sending $2 to: Standard and Poor's, The Outlook Department, 25 Broadway, New York, NY 10004. The list also will indicate which companies offer stock purchase discounts, and which utilities are eligible for deferring the tax on reinvested dividends.

Bank brokerage services

Many banks and savings and loans now offer discount brokerage services. Several also provide automatic investment of fixed amounts deducted regularly from your checking or money fund account. The bank holds your stocks in safekeeping and automatically reinvests dividends in the same stocks unless you specify otherwise. Your choice of investments for such plans may be limited, and it is against the law for banks to give investment advice (except in trust accounts).

Investment clubs

Investment clubs can be an entertaining as well as an instructive way to build your stock portfolio. Generally, 12 or so members form a club and pool a fixed amount of money regularly for investing. The members decide together what they want to invest in and how much they want to invest each month, typically from $25 to $100 each. Most investment clubs require members to do some researching and reporting on different stocks; this can be a good way to learn about the market. For information on investment clubs or investing on your own, contact the National Association of Investors Corporation, Dept. BH, P.O. Box 220, Royal Oak, MI 48068; or call them at 313/543-0612.

Employer investment plans

Many companies give their employees an opportunity to buy the company stock automatically, at little or no fee, through fixed payroll deductions or special contributions. A typical plan might allow you to have 5 percent of your salary deducted each month for this purpose. Sometimes the company will contribute as well. Taxes are deferred on both the plan's earnings and the company's contributions until you withdraw the funds. Check with your personnel department for details.

—By Amabel James



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1 pound fresh broccoli, cooked

Drain Alaska salmon and break into large chunks; set aside. In large skillet, over medium heat, cook garlic and onions in Fleischmann's® Light™ 1 minute. Add mushrooms, zucchini and basil; cook and stir 3 to 5 minutes or until vegetables are tender-crisp. Add salmon, tomatoes and Borden® Lite-line® Process Cheese Product; heat through. Serve immediately over hot cooked broccoli. Serves 4.

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Used Cars

How to Pick a Winner

Four primary sources sell used cars: **New-car dealers** usually charge the most, but they repair and prepare used cars well. **Used-car dealers** can be riskier, mainly because you often can't learn anything of the car's history.

Private individuals are unpredictable. Some may try to conceal defects. Others may refuse to bargain. Still others may be frank about the car's history and willing to negotiate. A good indicator of an honest individual is a willingness to share invoices of previous maintenance and repairs with you.

Rental and leasing agencies generally sell good-value used cars, often with warranties and a complete service history of the car. The cars also are likely to have been well maintained.

Before you check out a car

Wherever you shop, plan to spend considerable time inspecting the car outdoors in daylight, when defects are most noticeable. Research the approximate value of the car beforehand by looking at newspaper ads for similar models. Also consult one of the used car guides usually available at credit unions, banks, and public libraries.

Rather than taking a mechanic with you for the inspection, make an appointment with your mechanic to look over the car at his or her shop. Several tests for major defects (see below) require use of electronic diagnostic equipment and a mechanic's hoist.

Tell the seller in advance that you want to test-drive the car and that you intend to take it to your mechanic if it passes your initial inspection. If you cannot get the seller's permission to visit the mechanic on your first test drive, ask to do so on a second test drive. Look for another car if the seller balks at these requests.

For your initial inspection, wear work clothing and bring work gloves, a flashlight, a note pad, and a calculator. When you first see the car, don't let your emotions tell you: "I must have this car." Approach every car as if it were a potential lemon.

What should you watch out for?

Used-car defects fall into two categories: primary and secondary. Primary defects are potentially major problems; look for them first. If you discover any, reject the car. If you're not sure, make notes to check with your mechanic.

Secondary defects can give you some bargaining power. Jot down your observations as you inspect the car, and plan to discuss estimated repairs with your mechanic. Then ask the seller to pay for the repairs or lower the price.

Follow these steps to locate actual and potential problems with the car.

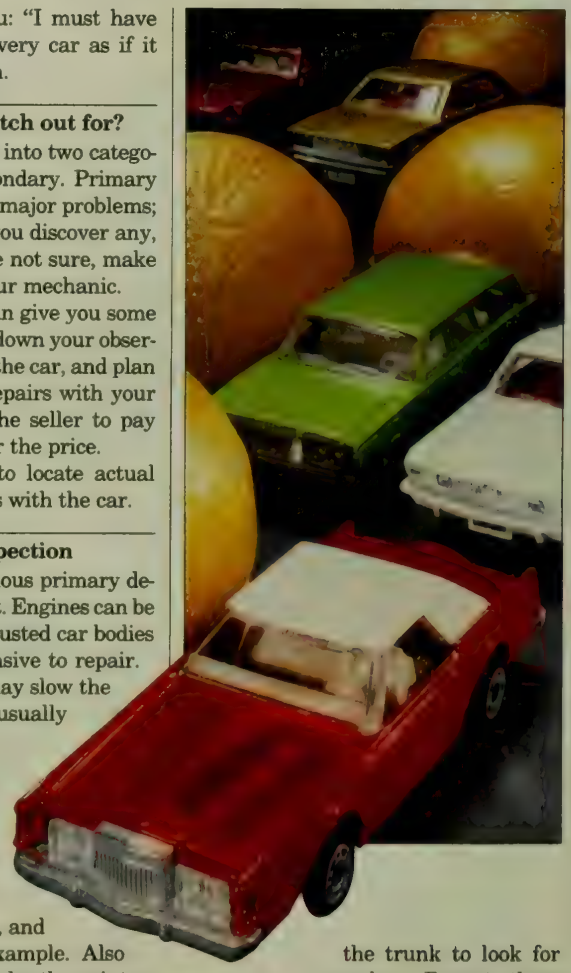
Start with a rust inspection

Rust is the most serious primary defect, so check it out first. Engines can be fixed or replaced, but rusted car bodies are usually very expensive to repair. Also, though repairs may slow the rusting process, rust usually returns.

Inspect every part of the car for rust. Look for indications of hidden rust: brownish streaks extending from under vinyl top moldings, windows, and mirror mounts, for example. Also look for tiny blisters under the paint or vinyl top.

To check for temporarily concealed rust damage, tap your knuckles along metal body parts or run a small magnet over the same spots, especially along the bottom panels and in the fender wells. A dull thud rather than a metallic clang or a magnet that suddenly falls away indicate plastic body filler.

Open the trunk and lift the mat and spare to expose the metal trunk floor. Look for rust holes, or for fresh paint over patches. Kneel behind the car and shine the flashlight on the underside of the trunk to look for patches. Repeat these steps for the front and rear seat floorboards. If the entire underside of the car has been freshly undercoated, scrape away a little of the coating in several spots to look for rust.



Save the rust inspection of the suspension until the car is on your mechanic's hoist.

Check inside and under the car

Look for these primary defects:

Are seats and carpeting badly torn

continued

Photograph: George Ceolla


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begins on page 56

Used cars

and worn? That's a sure sign of overall neglect and abuse.

Does the interior smell musty? If so, the car may have been in a flood. Look under floor mats for silt and check door side panels for water marks. Also shine the flashlight under the dashboard to check wiring and fuse box contacts for corrosion.

If a musty-smelling car shows no flood signs, there may be water leaking through windows and doors, a secondary defect. Cracks in the edges of windshields and the side windows are one possible cause; loose molding and weather stripping are another. Check for signs of these problems even if the interior does not smell musty.

Other secondary defects include a missing or useless jack, spare tire, and wheel nut wrench. Also examine the tires on the car. Uneven wear indicates misalignment or a damaged suspension. To test for bad bearings or joints, grasp the top of each tire and push and pull. Normal movement is no more than ⅛ inch.

Examine the engine

When you open the hood, concentrate first on potential primary defects in the cooling system, transmission, and internal engine area.

Remove the radiator cap on the cold engine. Is the coolant brown instead of green? Run your finger around the cap bottom to check for sludge. Both signs indicate cooling system neglect.

Pull out the automatic transmission dipstick and smell and inspect the fluid. A cloudy, brownish color (red and clear is normal) or a burnt odor signal an imminent breakdown.

Start the engine and listen for unusual knocking, slapping, and clicking sounds. Check the oil pressure gauge (if the car has one) for at least 15 pounds pressure at idle, and 40 to 60 pounds as you press the accelerator. Watch the exhaust. Blue smoke signals the need for an overhaul; black and white smoke indicate secondary defects (see below).

Now turn off the engine and pull the oil dipstick. Let a drop or two hit the hot exhaust manifold. If the oil sizzles, the engine may be cracked and allowing coolant to seep in. Smell the oil. The odor of exhaust or gasoline is another sign of a needed overhaul.

Look for secondary engine defects

There are a number of clues to repairable engine problems:

A strong gasoline smell in the engine compartment points to a fuel leak or a carburetor in need of repairs.

If the exhaust shows black smoke, a tune-up may be necessary; white smoke indicates condensation or a blown head gasket.

Power steering and brake fluid don't evaporate, so low levels may indicate that there are leaks. Remove the cap on the power steering reservoir to make sure that it's full. Then open the brake master cylinder; the fluid level should be within one-half inch of the top of both compartments.

If the engine is so clean that it sparkles, the owner may have tried to conceal oil leaks. New-looking hoses may simply have a fresh coat of black spray paint; shine the flashlight on their undersides to make sure. Push on belts to check for looseness. Also look for fraying and wear. Check around the valve covers or oil-gauge sending unit for leaking oil.

Restart the engine to prepare for the test drive. Watch the oil light and other warning lights; all should come on when the ignition is turned on and go off when the engine starts. Any that don't might be disconnected.

For manual transmissions, engage the parking brake fully, depress the clutch, and shift into first gear. Slowly press the gas pedal as you let out the clutch. A good clutch will make the engine falter and stall when the pedal is released about three-quarters of the way back.

As the engine warms up, try the heater, air conditioner, radio, turn signals, horn, windshield wipers, and other comfort and convenience systems.

Take the road test

Some odd on-the-road characteristics can indicate either primary or secondary defects. Note any of the following for the mechanic to check out further:

- An engine that hesitates, bucks, or surges on acceleration, or idles roughly at stop signs.
- An automatic transmission that shifts or slips abruptly (slipping occurs when the car must be accelerated excessively before the transmission shifts).
- A manual gearshift lever that is hard to engage. *Note:* If the gearshift lever goes in gear easily, but tends to slip out of gear, consider this to be a potential primary defect; replacement may be necessary.
- A transmission or drive shaft that clicks or whines. This can be a sign of major trouble with the car. However, if the sounds are centered in a drive-shaft universal joint, the defect probably is secondary.

Also look for these repairable secondary defects:

- Steering that is too loose or too tight.
- Brakes that grab or lock, or cause the car to veer to one side.
- Abnormal bouncing or vibration. (Drive over railroad tracks at about 30 mph to test for poor shocks and springs. The car should steady quickly. A clunking noise points to a faulty suspension component.)
- A speed control that causes the car to surge and takes several taps on the brake pedal to disengage.

Visit the mechanic

If the car passes your initial inspection, you're ready to take it to your mechanic. Plan to spend $30 to $50 for the inspection. It should take about an hour.

First ask the mechanic to raise the car on a hoist in order to check for two primary defects: rust-damaged suspension parts and a bent frame. If either defect exists, you don't want the car.

Now bring out your notes on suspected primary and secondary defects and see that each is checked out. If your road test indicated bad shocks, ask the mechanic if the car has front MacPherson struts instead of shocks; struts are several times more expensive than shocks.

Also request these tests: engine compression, vacuum and cylinder balance, and ignition and exhaust system performance. If the car has an automatic transmission, ask for a pressure and stall test.

When the mechanic finishes testing the car and estimating any needed repairs, it's time to take out your calculator and begin the bargaining.

—By Mort Schultz


Ford Escort
Ford LTD
Ford Country Squire
Ford Club Wagon

S, M, L, XL.

Ford people carriers come in four of the most popular sizes.

Ford Escort.
A small wonder.

There's plenty to like about Escort, the best-selling wagon in America.* With front-wheel drive, four-wheel independent suspension and rack and pinion steering, Escort commands an easy confidence on the road. And Escort's unique CVH engine gives a performance with just the right amount of dash. Fold down the rear seat and you've got 58.4 cu. ft. of cargo space to fill as you like.† Escort Wagon. It's a small wonder.

*Based on most recent R. L. Polk & Co. registrations for '83 model year.

Ford LTD Wagon.
Comfort and practicality.

From the smooth lines of its hood to an optional 2-way liftgate that makes loading and unloading easy, LTD Wagon has been designed for comfort, convenience and practicality. Inside, there's a spacious, well-appointed interior that offers 75.4 cu. ft. of cargo room with the rear seat down.† And when you add an optional towing package, LTD Wagon pumps up its muscle to haul up to 3,500 lbs. That's power. That's LTD Wagon.

Ford Country Squire.
Luxury at work.

Country Squire is the luxury wagon that's not afraid of hard work. Rich interior appointments, a 3-way Magic Doorgate and Automatic Overdrive Transmission are harnessed to a responsive 5.0 liter electronic fuel injected V-8 engine. When properly equipped, Country Squire can pull up to 5,000 lbs. And Country Squire has a work space that can take on 89.4 cu. ft. of cargo.† Add the optional dual facing rear seats and carry eight passengers comfortably in Country Squire luxury.

†Based on EPA Interior Volume Index.

Ford Club Wagon.
The winning club.

Handle big families or big loads with spacious Ford Club Wagons that let you seat up to 12 people...15 in the Super Wagon. Roomy and comfortable inside, Ford Club Wagons generate power and performance under the hood, thanks to the standard 4-speed manual transmission with overdrive 4th gear.

Need an extra measure of power for heavy hauling? Properly equipped, Ford Club Wagons can tow up to five tons. That's strength you can rely on. And Twin-I-Beam independent suspension, a Ford innovation, helps take the bounce and jostle out of bumpy roads. For toughness, comfort, roominess and design, choose Ford Club Wagon.

Best-built American cars.

When we say "Quality is Job 1," we are talking about more than a commitment. We are talking about results. A recent survey concluded Ford makes the best-built American cars. The survey measured owner-reported problems during the first three months of ownership of 1983 cars designed and built in the U.S. And that commitment continues in 1984.

See the Ford people carriers at your nearest Ford Dealer. And try one on for size.



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Get it together–
Buckle up.

Have you driven a Ford... lately?

Ford



HOW TO PLUG YOUR FAMILY INTO MODERN TIMES.

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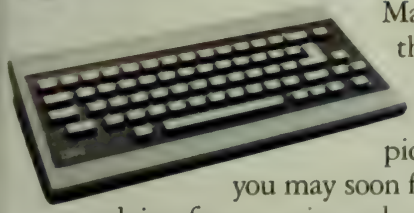
"Junior" is IBM's new personal computer and it's full of bright ideas.

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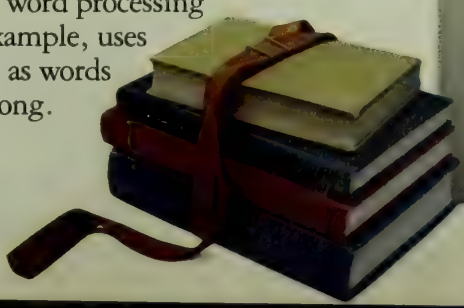
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IBM designed PC*jr* with first-time users in mind. An instructional exercise built into the machine lets the learning begin immediately. A program included with diskette-drive systems lets you explore computer fundamentals at your own pace. And to get you off and running from the very first day, a sample diskette with eleven useful mini-programs is also included.

Junior's keyboard doesn't need a cord, so you're free to get comfortable with it. (Which is why we call it the IBM "Freeboard.")

The keys are color-coded to make hitting the right ones easy.

New software programs for PC*jr* are easy, too. A diskette word processing program, for example, uses pictures as well as words to guide you along.



GROWING UP WITH JUNIOR

PC*jr* is simple to use. But it's powerful enough to perform complex tasks. And as your needs become more sophisticated, you'll find that Junior is ready to grow up with you.

The lowest-priced PC*jr* has a 64KB user memory that can be expanded to 128KB.

It will work with an IBM Personal Computer Color Display, as well as a TV set. There's room to add a diskette drive and an internal modem for telecommunications. There's even a choice of printers.

Best of all, PC*jr* is compatible with many existing IBM software programs for other IBM personal computers.

HOME ECONOMICS FROM IBM

The IBM PC*jr* holds lots of surprises. But perhaps most surprising is the price.

The starting model includes a 64KB cassette/cartridge unit and Freeboard for about $700. An enhanced model with 128KB and diskette drive is about $1300. (Prices apply at IBM Product Centers. Prices may vary at other stores.)

Take modern times into your own hands at your local authorized IBM PC*jr* dealer. For the store nearest you, just dial 1-800-IBM-PCJR. In Alaska and Hawaii, 1-800-447-0890.




Ford has just turned a
Get it together—Buckle up.

a very important corner.



1983 was a very good year.

A year in which our vision of a transformed Ford Motor Company became a reality.

In 1983 we introduced five new cars that, in the words of Car and Driver magazine, "simply change the rules in the domestic car business," with their styling, their performance, and their quality.

These cars are the Mercury Topaz, the Thunderbird Turbo Coupe, the Ford Tempo, the Continental Mark VII LSC, and the Mustang SVO. You can see these 1984 model cars right now, at your Ford or Lincoln-Mercury dealer.

1983 was a quality year. An annual survey showed that Ford is making the highest quality cars and trucks of any major U.S. manufacturer. For the third year in a row. The latest survey of 1983 models, in fact, shows that Ford's quality is in the league with such fine imports as BMW, Volvo and Nissan/Datsun.*

1983 was a successful year. We make the best-selling car in the world: the Ford Escort. And we make the best-selling line of trucks in the country. We're #1 in full-sized pickups, full-sized utilities, 4 x 4's, and vans.**

Even off the road, Ford is a success. We make a tractor that is helping to solve the world's problems of food production. And we build the most advanced system of commercial communications satellites anywhere in the universe.

For all these reasons, we at Ford wanted to look back at the past year and examine it for what it was.

A very important turning point in our history.

*Based on a survey of owner-reported problems during the first 3 months of ownership of 1981, 1982, and 1983 vehicles.
**Ford Escort. Based on reported worldwide sales and export data for 1982. Ford trucks. Based on R.L. Polk & Co. CY registrations through Sept. 1983.

Ford

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Dan Kaercher

Learning Vacations For Families



If you want more from your summer vacation than a good tan, explore the possibility of a campus holiday. This popular family vacation alternative offers intellectual stimulation, recreation, and relaxation—all at some of America's finest campuses.

From coast to coast, the campus vacation concept is catching on fast. Last summer, Cornell alone attracted 1,750 youngsters and adults to its vacation sessions. All told, you can choose from more than 200 campus-based programs in 30-plus states this summer.

Sessions usually last five days or one week; most are tailored to the needs of families with children (toddlers to teens), but adults without children are welcome at most programs, too. Costs generally are comparatively modest, but they vary widely—from less than $150 per person for lodging, food, and activities up to $650 per person for the package (you pay travel expenses).

Classes, activities, and lectures often are targeted especially for youngsters or their parents. The options are rich in variety and quality, as you'd expect. You can choose from investment strategies, photography, Oriental cooking, the Civil War, computers, the Olympic movement, rock collecting, fossils, rafting, fiddle playing, and much more.

Many of the campuses are nestled in scenic vacation areas with a variety of sports and recreation facilities. But don't expect luxurious accommodations and gourmet cuisine. Comfortable—albeit spare—dormitory rooms, cafeteria-style food, and bathrooms "down the hall" are the norm.

What are some of the programs?

Cornell University. This lovely campus in Ithaca, New York, is the site of a popular Youth College for youngsters aged 3 to 18; parents participate in the Adult University. Junior Cornellians, aged 8 to 12, can search for fossils, learn about computers, help veterinary students care for horses, investigate wildlife management techniques, and perform nutrition experiments. There's also plenty of free time for swimming, sports, movies, campfires, and games. Depending on the age, the total cost ranges from $165 to $200 per child.

Last summer parents spent their week studying investment concepts and strategies, nature photography, Oriental cuisine, introductory ornithology, or geology (field trips through some of the Finger Lakes' spectacular gorges). In the evening, families can regroup to share concerts, lectures, and movies. Adults pay $235 for their academic program, plus an additional $170 to $235 per person for dormitory lodging and meals. For more information, write to: *Cornell Adult University, 626B Thurston Avenue, Ithaca, NY 14850.*

Indiana University. The Mini University draws families from throughout the U.S. to the Bloomington campus each June. Adults can choose from 96 classes encompassing art, music, business, politics, physical fitness, history, and other fields. Child care is provided for youngsters aged 2 through 6, while children aged 7 through 16 can join in supervised swimming, archery, bowling, and field trips. Both parents and children share their mealtimes and special evening activities (child care services and children's movies also are available in the evenings). *Mini University, Indiana Memorial Union, M-17, Indiana University, Bloomington, IN 47405.*

University of Oregon. This year's Family Vacation College theme is the Olympics. The University is hosting the 1984 Olympic Scientific Congress July 19-26, prior to the Los Angeles games, so you have an opportunity to meet other families from around the globe. Academic programs will cover such topics as the significance of the Olympic movement and the role of sports in society. While adults gather to focus on the Congress, children will join in the Kollege Kamper Program of games, playacting, camping, swimming, hiking, arts and crafts, and singing. Recreation and leisure options for the whole family include river rafting, camping in the Cascade Range, berry picking, and trips to the coast. The cost of the eight-day program is $350 per adult; the cost for children ranges from $105 to $185, depending on age, with an added charge for some recreational programs. *Christopher Edginton, Family Vacation College, 180 Esslinger Hall, University of Oregon, Eugene, OR 97403.*

There are other colleges that offer

continued

Illustration: Scott Baker

Learning vacations

still more vacation options:

- At Bowling Green in Ohio, a five-day computer camp for children is being expanded to include parents who want to be computer literate. *Mileti Alumni Center, Bowling Green State University, Bowling Green, OH 43403.*
- Portland (Oregon) State's Haystack Summer Program in the Arts is set for Cannon Beach, 80 miles west of the campus. Parents can take classes for between two and six units of undergraduate and graduate credit in photography, storytelling, and even fiddle playing. *Haystack, Portland State, P.O. Box 1491, Portland, OR 97207.*
- Johns Hopkins holds its summer vacation college program in a historical colonial setting—St. Mary's City, located in a remote area 100 miles from Baltimore and 70 miles from Washington, D.C. *Johns Hopkins University Alumni College, 3211 North Charles Street, Baltimore, MD 21218.*
- Humboldt State in northern California will offer its first program this summer at its campus in the spectacular redwood country. *Office of Continuing Education, Humboldt State University, Arcata, CA 95521.*
- At the University of North Carolina's Vacation College, two continuing education units are available for each seminar. Parents can choose from such seminar topics as the Civil War or China. *Vacation College, Program in the Humanities, 209 Abernathy Hall 002A, University of North Carolina, Chapel Hill, NC 27514.*
- Stanford's vacation college is sponsored by the school's Alumni Association, but you need not have graduated from Stanford—or any college, for that matter. Each year, the program focuses on a different topic. This year it's technology and the individual. *Summer Alumni College, Stanford Alumni Association, Bowman Alumni House, Stanford, CA 94305.*

What should you take into consideration?

- ***Costs.*** Prices vary from program to program, but vacationing on campus usually is far less expensive than staying at hotels and motels and eating at restaurants. At Slippery Rock University in Pennsylvania, the cost is less than $30 per day per person for dormitory lodging, meals, instruction, and activities. At the other end of the scale, last summer's week-long package at Stanford cost approximately $650 for adults and $300 for children.
- ***Accommodations and meals.*** Dormitories usually are co-ed, with separate bathroom facilities for men and women. At some schools, children stay in separate dorms or on a separate floor with children their own age. Or children may be able to sleep in your room or an adjoining room.

Most programs feature on-campus lodging and meals, but there are options at many schools. For example, the University of North Carolina makes special arrangements at a nearby inn for families that prefer such accommodations (the fee is considerably higher). At some schools you can eat in the dorm cafeteria; you always have the option of sampling local restaurants on your own.

- ***Children's activities.*** In most programs, adults and children go their separate ways during the morning, with fully supervised activities for the younger set. In the afternoon and evening, some schools emphasize family activities, others continue to provide separate experiences. Many colleges let youngsters choose from a variety of activities; some, like the University of Rochester, allow children to focus on such special interests as instruction in sports or computers. At the University of Oregon, Leisure Studies and Services majors take children aged 4 and younger to playgrounds, the aquarium, duck feeding, and on other expeditions; older children go on rafting and camping expeditions. At Cornell, children aged 3 through 18 are supervised from 8:30 a.m to 11:30 p.m., except for dinnertime. Cornell also arranges child care for guests under age 3; parents pay the sitters.

For further information

Now is the time to enroll for this summer's campus programs, so begin investigating and planning as soon as possible. Your best resource is Gerson Eisenberg's *Learning Vacations* ($7.95, Peterson's Guides). The book lists not only campus vacations but also arts, crafts, writing, and music programs, and more options. To obtain a copy, check your bookstore or library, or write: Peterson's Guides, Department 2205, P.O. Box 2123, Princeton, NJ 08540. Add $1.25 for postage and handling. (The 1982 edition of *Learning Vacations* is the most recent. Since prices and details change from year to year, contact directly the colleges that interest you most after consulting the book.)

To find out about programs in a particular region where you'd like to vacation, contact colleges and universities in that area. Information about campus vacations is available from different offices at different colleges—try the summer session, continuing education, alumni relations, or extension services. Remember that although a school may call its program an alumni college, the welcome mat probably is out to anyone who yearns to learn something new while having a good time.

Elderhostel

You're never too young or too old for a campus vacation. Elderhostel programs are aimed specifically for persons over age 60 and their spouses or companions. Last summer, over 700 educational institutions offered short-term, low-cost, residential academic programs to over 70,000 older persons. Schools in the United States, Canada, Bermuda, Mexico, Great Britain, Scandinavia, Holland, France, Germany, and Italy participate. Usually Elderhostelers focus on three topics during their one-week stay on campus; the range of liberal arts and science courses offered is staggering. (See "Campus Vacations for the Young at Heart," Better Homes and Gardens, March, 1981.) The maximum tuition at most schools is a bargain $180 per week, which includes room, board, all classes, and many extracurricular activities. There are no exams, no grades, no required homework, and no requirements for admission, except that one partner must be 60 or older. To receive a free copy of the Elderhostel catalog, write to: Elderhostel, 100 Boylston Street, Suite 200, Boston, MA 02116.

—With Pam Mendelsohn



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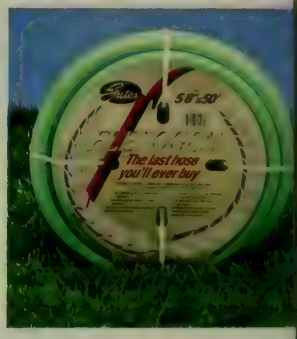
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Homelite Gas Waterbug multi-purpose pump with hose. P100 **$149.99. 16" Chain Saw** has Power Tip® guide bar. 240 **$215.79.**

For additional hardware values from NRHA, see page 83

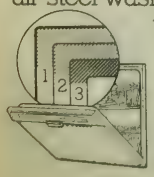


The KitchenAid®

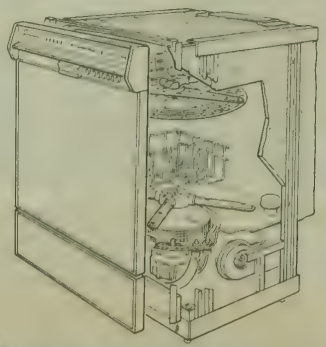
Built like a tank to run like a top.

Your first consideration in choosing a dishwasher should be how well it gets dirty dishes clean. Your second consideration should be how well it does its job, wash after wash, year after year.

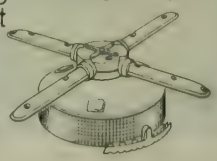
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Barbara Humeston

Picking the Right Purebred Dog for You



Some dogs seem to resemble their masters, and these similarities can be amusing. But the match between a dog's needs and characteristics, and his owner's personality and lifestyle is an important consideration. It can mean the difference between happy companionship and serious complications.

Powers of predictability

Without a doubt, mixed-breed dogs can be loving family pets. But if you're looking for predictable physical traits and personality, you're probably better off with purebreds. Because purebreds come from known bloodlines, you can be relatively sure of their adult size, color, coat type, how much exercise they'll need, and so forth, when they're still pups. To a lesser degree, you can make some generalizations about a purebred's behavior and personality.

Of course, there are exceptions. Environment, for instance, certainly influences a dog's personality. Even unabashed friendly breeds aren't likely to be too responsive when raised with little human contact.

Indiscriminate breeding also can produce purebreds with undesirable characteristics. It's wise to confine your pet shopping to reliable breeders who specialize in a breed or two, who freely discuss the breed's characteristics (good and bad), and who raise dogs in homelike surroundings.

If you don't intend to show or breed your dog, you usually can get less expensive "pet quality" animals that make excellent companions but have minor technical flaws that prevent them from being show-ring winners. Besides selling puppies, breeders often are good sources of adult dogs.

Knowing your needs

Many dogs end up in pounds because they were selected primarily for their looks. Also, many people like the characteristics of the adult dog of a particular breed but don't have time for the training of a pup or his exuberance.

Before you start pet shopping, know what characteristics you're looking for, what type of environment you can provide, and how much time you can devote to your pet. Are you the active type who wants to run, play, and exercise with your dog? Will the dog live indoors or outdoors? Will an indoor dog have an outdoor area for exercise? Do you want a dog that's submissive or one with more spunk? Do you want a dog that readily accepts anyone you know, or do you prefer one that's somewhat more aloof? Is it important that the dog be reliable with children? Do you enjoy grooming a dog? Do you object to owning a dog that requires professional grooming? Do you want a puppy or do you prefer to skip the fun and hassles of puppyhood? How much can you spend on your dog's food and veterinary care?

Surveying the breeds

After you've assessed your situation, survey various breeds for one that measures up. Attending dog shows is a fun way to learn about breeds. At conformation shows, dogs are grouped into six broad categories: sporting, nonsporting, hounds, terriers, working dogs, and toy breeds. There are dozens of breed choices within each category, and though dogs within a group won't necessarily resemble each other physically, they usually share some common performance and personality traits.

Talk with breeders at the shows about characteristics that are important to you. When you've zeroed in on two or three breeds, start phoning and visiting breeders with animals for sale.

A couple of good books designed to help you make an educated selection are: *How to Choose and Care for Your Dog* by Joan Palmer (Fisher Publishing, $16.95) and *Roger Caras' Dog Book* (Holt Rinehart and Winston, $9.95).

Making your match

Though every family's situation is somewhat different, here are a few

continued

SELECTADOG

Kal Kan pet foods is helping prospective pet owners choose dogs best suited to them with a new free computerized service called SELECTADOG. Based on your responses to a 16-question questionnaire, you receive recommendations for suitable dogs from popular breeds registered with the American Kennel Club. For a questionnaire, write to Kal Kan SELECTADOG, Box B, 3386 E. 44th St., Vernon, CA 90058. The service is the first of its kind in the U.S.

Photographs: Pete Krumhardt

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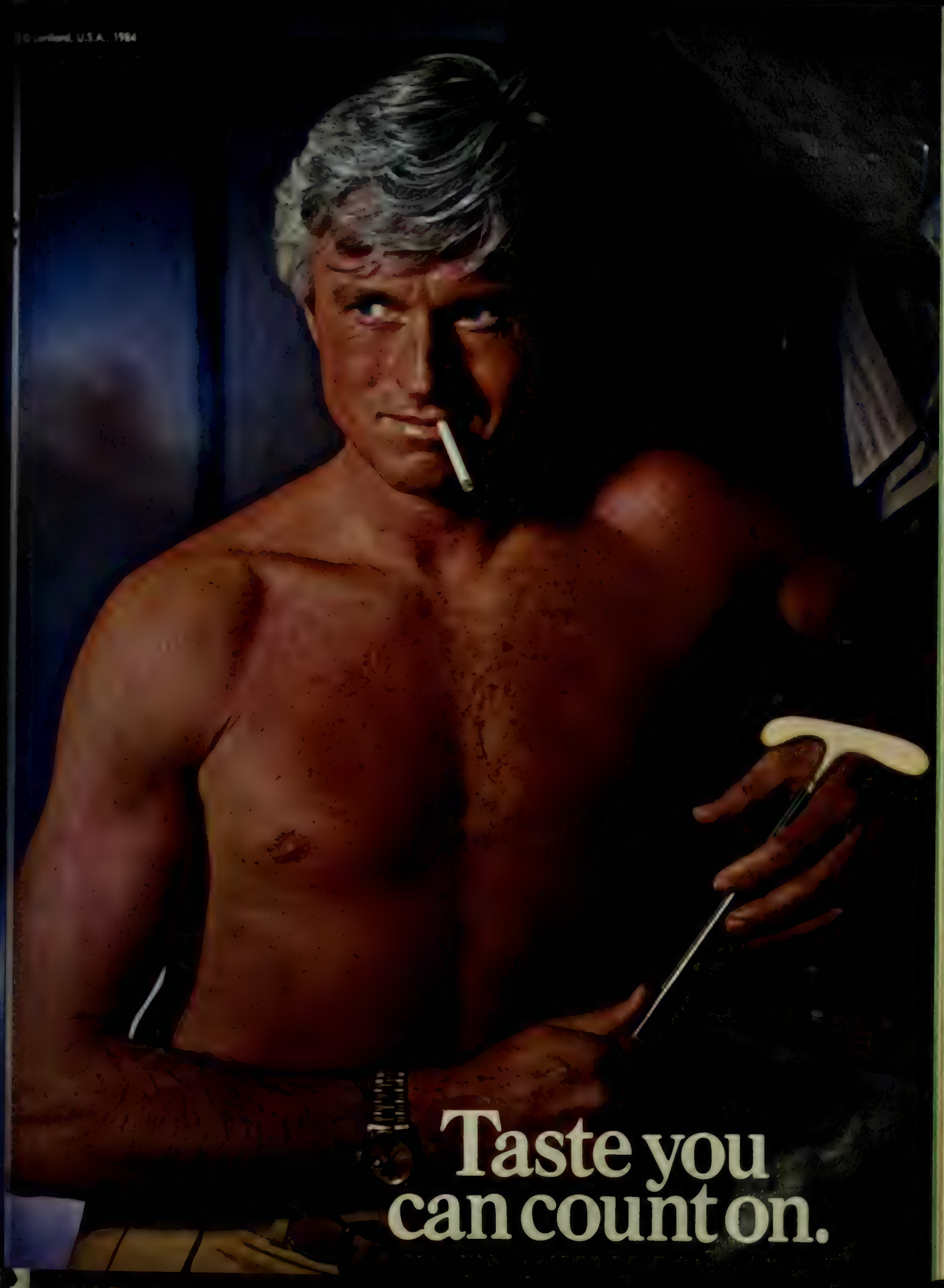
When you know what counts.

Kent



Low tar Lights Ultra

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begins on page 75

Purebred dogs

common scenarios followed by suggested purebreds that suit each one. Selections shouldn't necessarily be limited to the breeds listed. Every dog lover has his or her favorite breeds, some of which also are likely to be perfectly acceptable in these situations. The breeds listed provide a starting point for making your selections.

If your situation isn't identical to one of those that follows, don't give up. You can still make a thoughtful selection of your next pet by using our methodology: carefully determine your family's requirements and priorities, then look for a dog that matches up.

Companionship and watchdog instincts

Situation: An elderly person lives alone in a small home without a fenced-in outdoor area. Loving companionship and watchdog instincts are important. Daily brushing isn't a problem, but taking a dog to a groomer would be difficult. Food bills should be relatively low.

Recommendations: Good choices include small spaniels, Maltese, Welsh corgis, and pugs. The Pekingese and Chihuahua make extremely loyal pets, but like many toy-size dogs may not interact well with children who visit. Though terriers, including the Boston terrier, are an ideal size, some oldsters find them too active and excitable.

Trainability and even temperament

Situation: A family in the suburbs has a fenced-in area for exercise. Trainability, eagerness to please, and an even temperament are important. Teens in the family will be participating with the dog in obedience training.

Recommendations: The excellent reputations of golden retrievers, Shetland Sheepdogs, and standard and miniature Poodles are well known in obedience competition. Less well known but eager to please and gentle are Welsh corgis. Labradors, collies, and Vizalas make other good choices. Though German shepherds and Doberman pinschers often are excellent obedience dogs, they usually need more exercise than a backyard allows.

Reliability with children and stamina

Situation: An active family with grade-school children lives where their dog would have a large fenced-in area for exercise. Reliability with children, playfulness, stamina, and the ability to live outdoors are important.

Recommendations: Though every rule has exceptions, medium to large dogs tend to be more tolerant of children than toy breeds do. Plus, most small dogs aren't suited to outdoor living. Some good choices include larger spaniels (particularly Brittany and English cocker spaniels), collies, beagles, corgis, standard Poodles, and Saint Bernards and Newfoundlands (despite their enormous size, they're exceptionally gentle). Terriers are an active, fun-loving group (which includes popular miniature Schnauzers), though some can be quite aggressive. Good choices

continued

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*Of those veterinarians who make recommendations.

How to be a friend.



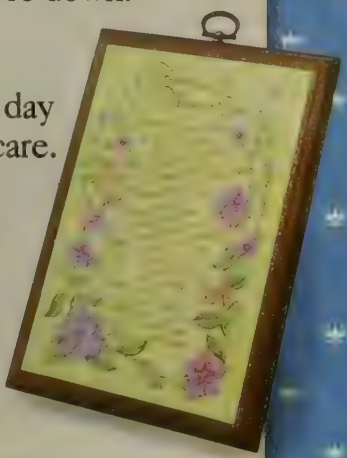
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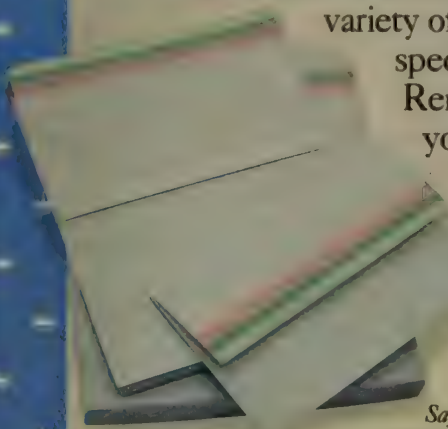
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continued

Purebred dogs

from this group include the soft-coated Wheaten, West Highland white, airedale, and miniature Schnauzer. Setters and retrievers are exceptionally active and gentle with children, but can be a bit overpowering as pups.

Calmness and attentiveness

Situation: A retired couple can provide a home for a basically indoor dog that would take daily walks with them as his major form of exercise. Companionship and attentiveness without excessive excitability are important. Though the couple doesn't enjoy grooming a dog themselves, grooming by a professional isn't a problem.

Recommendations: Miniature and standard Poodles are excellent choices in this situation. Many of the flat-nosed dogs, such as pugs, French and English bulldogs, English Toy and Japanese spaniels (generally less excitable than most other toys) do well with only moderate outdoor exercise and are good-natured pets. Basset hounds can be easygoing companions, but their lumbering gaits may be frustrating on brisk outings. For a relatively active indoor dog, but one that's usually not excessively excitable, also consider dachshunds, Schipperkes, Papillons, and Basenjis.

Intelligence and playfulness

Situation: A young couple (or single person) who works outside the home can provide a dog with only a small outdoor fenced area. Desired characteristics include intelligence, playfulness, and attentiveness.

Recommendations: The smaller the dog, the more exercise it can get in a limited space. Many of the dogs that are mentioned as active and playful indoors for the retired couple and most dogs listed for their playfulness and obedience with children would work out well. Notable exceptions are the sporting dogs (pointers, retrievers, and setters), unless you can give these animals plenty of exercise every day. Keep gentler breeds in mind, too, if you plan to have children.

A key to a good match in the working couple's situation is a strong commitment to provide the dog they choose with consistent attention at night, in the morning, and on the weekends. If you're away from home for much of your nonworking time, too, or if your workday is so long that no dog reasonably can be expected to maintain housebreaking etiquette, you probably should consider postponing dog ownership untill you have more time to devote to a pet. A lonely dog isn't only unhappy, he also can develop behavior problems like barking and destructiveness in your absence.

Also, you should strongly consider purchasing an adult dog instead of a pup. When adults in the household work outside the home, there can be a major problem with housebreaking, and a pup probably won't get the important contact with humans he needs during his key socialization period. Other types of pets, such as cats, fish, and small animals in the rodent family, might be more appropriate in this particular situation.

—With Emily Freeman Pinkston

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Each of the eight divisions will be subdivided by judges into three classes, depending on the scope of projects. Class A will be devoted to major renovations. Class B will comprise medium-sized remodelings, and Class C will be reserved for smaller projects. Your entry will be judged only against projects of comparable scope.

1. Exterior of House
2. Outbuildings and Property
3. Kitchen
4. Bathroom
5. Interior
6. Addition
7. Energy Conservation
8. Whole House Redo

HOW TO ENTER

Complete and mail the preliminary entry blank on this page. We'll send you a Home Improvement Contest entry packet that includes complete contest information, detailed descriptions of the contest divisions, a final entry form, and literature describing cosponsoring manufacturers' products.

All material submitted for the competition will become the property of Meredith Corporation, which will assume publishing rights for all the material. Entries will not be returned. Winners will be notified by mail.

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Be sure to check the box(es) that best describes the project(s) you plan to complete in 1984.

☐ *1. Exterior of House* ☐ *2. Outbuildings and Property*
☐ *3. Kitchen* ☐ *4. Bathroom* ☐ *5. Interior*
☐ *6. Addition* ☐ *7. Energy* ☐ *8. Whole House Redo*

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS ENTRY FORM. SEND ONLY ONE ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

DEADLINES

Contest entries must be completed in 1984. There are no limitations on starting date.

Preliminary entry blank must be postmarked no later than October 1, 1984.

Sorry we cannot accept entry materials after the deadline date.

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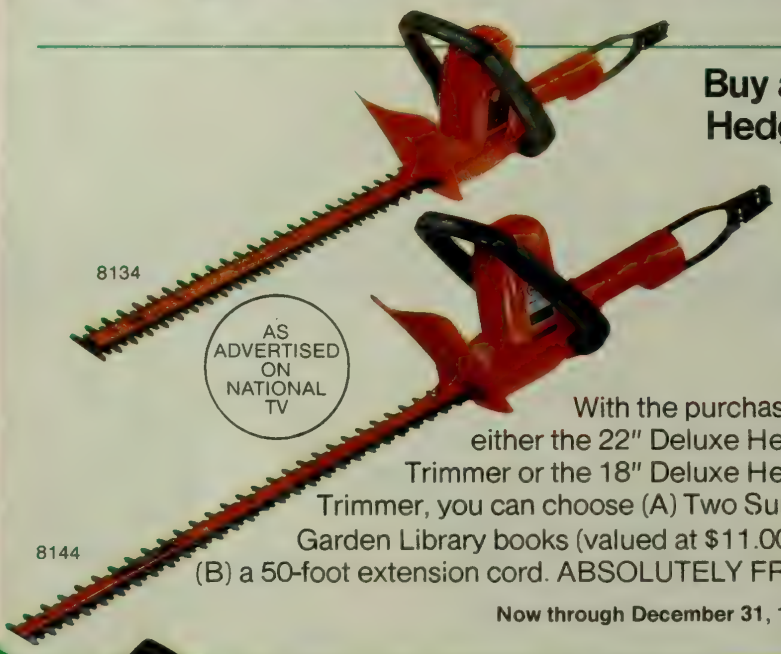
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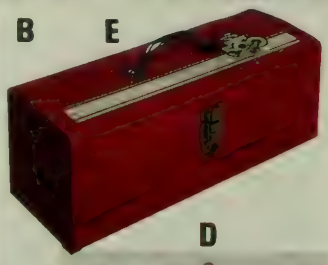
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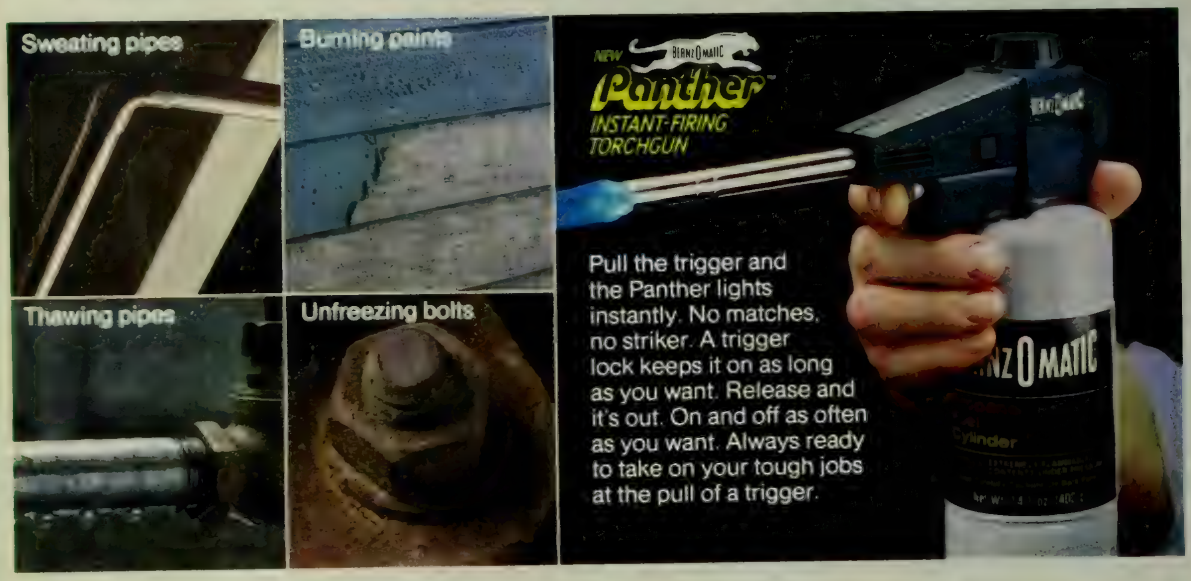
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BUILDING

Easy-to-Build Parquet Table

Some tables provide a space to display ornaments, while others are ornaments in their own right. An example of the latter is this elegant parquet coffee table *(right)*. Finely crafted tables usually command high prices and require the skills of a master cabinetmaker, but this design is simple enough to build in your workshop.

Begin by choosing the species of wood you want to use. This table is made of rosewood and black walnut. Then draw a pattern for the inlaid top and cut blocks of wood to fit. (Our full-size blocks measure 2¼x7⅞x¾ inches.)

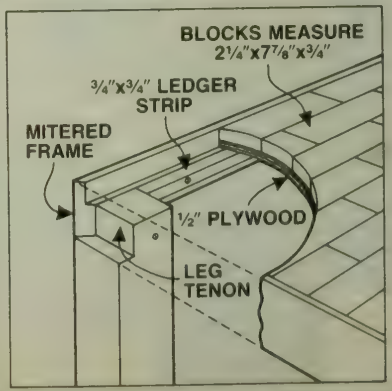
From a sheet of ½-inch plywood, cut an underlayment for the parquet top. Glue the wood blocks to the underlayment, following the pattern you've drawn. When the glue has dried thoroughly, trim the edges where necessary and smooth out any surface irregularities with a belt sander.

Next, cut the pieces for the legs and the frame, rabbeting them to accommodate the edges of the top. Miter the ends of the frame pieces. Make the legs from the same material that you used for the frame. If the material you want is not available in the size needed for the legs, consider applying a veneer to oak stock.

Rabbet the top of each leg to form a tenon that fits into the corner of the frame beneath the top *(see sketch)* and attach the tenon to the frame with screws. Using glue and countersunk wood screws, attach ¾x¾-inch strips to the inner sides of the frame and secure the top to the strips. Be sure to position the strips so that the top will set flush with the frame. Sand the entire unit smooth and apply a finish of penetrating resin.

Photograph: George Ceolla. Design: Lee Gatzke
Illustration: Carson Ode





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The quilt-work and wicker settee help to create a charming country look, but it's Burlington's Americana drapery that pulls the look together.

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New Ideas



Great-tasting cooking with whole grains

Whole grains have always been around (after all, our forebears cooked with them all the time). But although for a while they lost some popularity to white, fine-milled flours, today more and more people are rediscovering whole grains, and recognizing them for what they really are: nutritious foods that just plain taste great. With its emphasis definitely on enjoyment, Better Homes and Gardens® *Cooking With Whole Grains* is all about good *taste* as well as good nutrition. It's a colorful, easy-to-use book that's aimed at people who'd like to try whole grain cooking for its naturally good flavor rather than just for health reasons. The whole eating spectrum is comprehensively covered, from starters and snacks to main dishes and desserts. Wherever books are sold, you'll find *Cooking With Whole Grains*.

Basic cooking with a dash of flair

The new *Beginners' Cook Book*, also from Better Homes and Gardens, is the first to address the special needs of the adult who, whether for the fun of it or from necessity, is cooking for the first time.

This is neither a kids' cookbook nor a massive, dry textbook. Rather, the *Beginners' Cook Book* is a bright and comprehensive guide to cooking basics, which at the same time is filled with more-than-basic recipes. For example, first the reader is taught to make simple dishes like hamburgers or toast, and then is shown how to embellish them to create impressive meals that he or she can be proud of. If you are a cooking beginner, or know one, you'll find this new book at your bookseller's.

Garden Ideas and Outdoor Living — 1984 edition

The annual Better Homes and Gardens publication *Garden Ideas and Outdoor Living* is on sale once again, and the 1984 edition should be more popular than ever. Among the fascinating articles and features are *Spotlight on Gardeners*, which examines several successful gardeners and their handiwork; *The Old-Fashioned Art of Espalier*, a history and how-to on the art of training fruit trees to a flat plane; *Outdoor Remodeling*; *A Guide to Outdoor Lighting*; *Three Seasons of Flowers*, a grower's guide to annuals and perennials that flower through spring, summer and fall, and its companion feature, a *Flower Garden Checklist*. Spring is right around the corner, so if you have a love of gardens and the outdoors, now's the time to go to your nearest magazine retailer, and get your copy of this ever-popular publication.

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TRAVEL

Sister Cities Tours

For anyone who enjoys visiting foreign countries, some of the most rewarding possibilities are available through Sister Cities International. More than 700 U.S. cities and 1,000 foreign cities in 81 countries are affiliated with this program. Local Sister City communities sponsor a variety of travel exchange programs every year. These travel experiences often are developed around package tours that you sometimes can join even if you don't live in the cities where they originate (you pay a small annual membership fee).

Economical options

Sister Cities tours run six days to three weeks (most are 12 to 17 days). Since they aren't designed to make money, the tours can be economical. The goal of the program, launched almost 30 years ago, is to acquaint people around the world and develop cultural ties between cities. If your interest is primarily sight-seeing, these tours probably aren't for you.

Prices usually include air fare, lodgings, most meals, and interesting side trips. Cost, of course, varies with your departure point, destination, length of stay, accommodations, and so forth. For instance, if you live in California, you might spend 13 days in Mexico for approximately $450. If you live in Missouri, you might spend 14 days in Germany for $1,400 (including air fare, lodgings, sight-seeing, and breakfasts).

There are no fixed rules for matching cities that participate in the program, but U.S. cities and their foreign counterparts generally have at least one thing in common. Size, industry, or resources frequently are common denominators.

Proximity and accessibility usually determine how often tours are scheduled. A city might offer a couple of trips a year to its Sister City in Mexico; it probably would sponsor tours to a Sister City high in the Himalayas or in the Australian Outback less frequently. Some communities have more than one Sister City and sponsor tours to each one regularly.

Customized itineraries

You can count on home-away-from-home hospitality on Sister City tours. Itineraries often are customized to include such events as symphony concerts and theater productions especially for your group. There are plenty of opportunities to meet local residents and get acquainted with local customs. Kids often have their own excursions, too, perhaps visits to schools or the city zoo, accompanied by local children.

Depending on the tour, you may have the option of staying in a family home. Otherwise, you stay in hotels, but you still spend considerable time with local residents. Families are matched by local volunteers according to professions, interests, children's ages, and other similarities.

For more information

For more information about Sister Cities, call your mayor's office to find out if your city participates. If you'd like to start a program, write to Sister Cities International, Inc., Suite 424-26, 1625 Eye St., NW., Washington, DC 20006. The organization also publishes a newsletter, *Sister City News*, that details upcoming tours ($10 annual subscription). BH&G

IDEAS IN DECORATING

"REUPHOLSTERY IS MORE THAN JUST A FACE LIFT!"



Lloyd Bell
Interior Designer, F A S I D

Many consumers believe reupholstery is a superficial affair. And that all it involves is putting new fabric on an old sofa or chair. To the contrary. Reupholstery is an inside-out, bottom to top job and it can transform an old piece into a real beauty.

THE INSIDE STORY. Your upholsterer starts with the frame. If it's good, so much the better. If it has weak spots, a good professional can strengthen them. Some upholsterers even replace support pieces that are loose or missing. They re-tie the springs. Put in new webbing. Apply new filling and padding to restore the shape of the piece like new. And you save on the cost of the frame which is what you paid good money for in the first place. Reupholstery works on many levels and uses diverse materials. Like nylon or jute for webbing; polyurethane, cotton, or down for fillings. You can get to know which are used. Why one is more appropriate than another. And what it costs. All you have to do is ask.



VALUE MAKES A COME-BACK. Reupholstery is all hand craftsmanship. In the hands of a good professional, your re-created piece is on a level with a custom-made. And the economics make sense. On a large piece, like a sofa, with a quality fabric, the savings (estimated by a reputable workroom) can be 15% to 25% less than the price of a good ready-made.

IMPORTANCE OF FABRIC. Reupholstery also offers more than a superficial choice of fabric. The variety is so abundant in colors and textures, you can wind up with a decorator fabric and still save on the total cost of the job.

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THE HOMEOWNERS GUIDE TO REUPHOLSTERY, FROM

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A Strategically Planned Kitchen

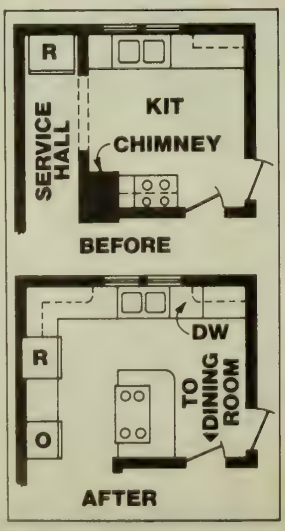
Proper placement of storage units and equipment is critical to the workability of any kitchen, large or small. Even where space is minimal, the right design scheme can save you extra steps by giving your kitchen fingertip convenience.

A step-saving plan is the key to this successful kitchen revamp *(right)*. Lack of space for appliances and storage made the original kitchen unwieldy (see before plan); a traffic lane leading to the dining room rendered one wall virtually unusable, and an oversize chimney (no longer in use) monopolized one corner of the work area. During the remodeling, an adjoining service hall yielded valuable floor and wall space, and the chimney gave way to a spacious cooking/eating peninsula.

The peninsula converts idle floor space into undercounter storage *(below right)*, and positions the cooktop strategically in the center of the room. The cooking side of the peninsula is surrounded by an L-shaped system of built-ins. Along one leg of the L, the refrigerator, a double-door pantry, and a pair of ovens line the space that was formerly the service hall. The other leg incorporates the sink, dishwasher, and baking center.

Red laminate on the work surfaces matches the vent hood, and oak panels on the refrigerator and dishwasher match the cabinet fronts. Recessed ceiling fixtures and strip lighting and a wide window over the sink supply the room with good work light at all times.







Photographs: Fred Lyon. Kitchen design: Richard Kaleh and Associates
Interior design: Barbara Coulton, Inc.
Field editor: Barbara Cathcart

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APPLIANCE COOKING

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ITALIAN-STYLE CHEESE NACHOS

- ¼ pound bulk Italian sausage
- ½ cup chopped onion
- ¼ cup chopped green pepper
- 1 medium tomato, chopped
- 2 tablespoons chopped pitted ripe olives
- Few dashes bottled hot pepper sauce
- 3 to 4 cups tortilla *or* nacho chips
- 2 cups shredded Edam *or* colby cheese (8 ounces)

Crumble the sausage in a nonmetal bowl. Add the onion and green pepper. Micro-cook, uncovered, on HIGH for 4 to 5 minutes or till cooked, stirring after 2 minutes to break up meat. Drain well. Stir in tomato, olives, hot pepper sauce, and ⅛ teaspoon *pepper*. Cover and micro-cook 1 minute more.

Arrange *half* the tortilla chips in a single layer on a nonmetal serving plate or platter. Spoon *half* the meat mixture evenly over chips; sprinkle *half* the cheese atop. Micro-cook, uncovered, 1 to 1½ minutes or till cheese is melted, rotating dish once. Serve immediately. Repeat with the remaining chips, meat mixture, and cheese. Makes 12 to 16 appetizer servings.



GLAZED PINEAPPLE AND SAUSAGE BITES

- ¼ cup vinegar
- 1 tablespoon cornstarch
- 1 8¼-ounce can pineapple chunks
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon grated orange peel
- ¼ teaspoon ground ginger
- ⅛ teaspoon garlic powder
- ⅛ teaspoon ground red pepper
- 2 5-ounce packages small smoked sausage links

In nonmetal bowl combine vinegar and cornstarch. Drain pineapple; reserve syrup. Add enough water to the syrup to make ½ cup. Add syrup mixture, honey, soy, peel, ginger, garlic powder, and red pepper to bowl; mix. Micro-cook, uncovered, on HIGH 4 to 5 minutes or till slightly thickened; stir.

Stir in the sausages and pineapple. Micro-cook, uncovered, 2 to 4 minutes or till heated; stir once. Serve with wooden picks. Makes 30 appetizers.

Photograph: Mike Dieter

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Privacy by Design



A private retreat away from the hectic pace of the rest of the world can be as near as your own home. Simply claim a bit of space as yours, add a few comfortable furnishings, and your personal hideaway can be as luxurious and relaxing as this example.

Formerly a child's room that had now outlived its usefulness, this retreat combines personality with practicality.

An antique desk with built-in shelves provides work space and storage for the homeowner, who designs clothing as a hobby. For leisurely reading or relaxing, a wicker daybed is shaded by a whimsical paper umbrella. The colorful umbrella and color-coordinated toss pillows give the lounge spot a lighthearted, tropical feeling.

Although a retreat should look tranquil and soothing, a scheme that's *too* mellow may just put you to sleep. Here, neutral colors are enlivened with a variety of textures.

The casual texture of the wicker daybed is repeated by the canvas shades, the old wood desk, and an area rug that's stitched from bits of fabric. A luxurious contrast is provided by a lacy coverlet tucked under the bed's mattress and the silky fabric pillows.

Photograph: Steve Fridge. Design: Ruth Soforenko and Judy Baldwin. Field editor. Barbara East Cathcart

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BUILDING

Hot Tub Basics

When they first rolled onto the scene some years ago, most hot tubs were well-aged wine casks or beer barrels, with the other essential elements—heater, filter, and pump—added to them. Nowadays, you can buy the whole system at once or purchase individual components and build your own system. Whether you buy or build, it's helpful to know something about each part of the system.

Hot tub

Like the original version, contemporary tubs require hefty underpinnings and generally have round or oval sides made of beveled staves that are secured by metal hoops and by a dado joint at the floor. The average model is relatively large—four feet deep and five to six feet in diameter—and holds 500 to 700 gallons of water, so the total weight can reach three to four tons. The great majority of tubs are made from durable redwood, but cedar, cypress, and oak are equally good choices. Teak resists wear and decay the best, yet it's hard to find and somewhat expensive.

Filter

This essential item traps solid material, constantly cleaning the water and allowing you to use the same tubful many times before replacing it. Three types are commonly used: cartridge filters, which are the least costly but also the least efficient; diatomaceous earth filters, which are the most expensive but also the most effective; and sand filters, which fall somewhere in between. All operate at the rate of about 50 gallons per minute.

Heater

Several kinds of heaters are available, ranging from open-flame models which use natural gas, propane, or heating oil, to electric-powered units. Consider the cost of these energy sources before selecting an entire system or a separate component.

Circulation system

Devices that circulate the water include a pump plus optional components (hydrojets and blowers) that cause the water to swirl and bubble. For the system to work properly, the pump's capacity must closely match those of the other components. The more options you add, the more pump capacity you'll need. In any case, ask a professional to oversee each electrical hookup.

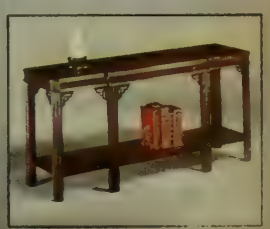
Maintenance tips

Even though the water is filtered continually, you should drain the system completely every two months or so and clean or replace the filter. Also, check the purity of the water periodically (most systems include a test kit) and add correctives if necessary.

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Big Style for Small Spaces



Small living rooms with no redeeming architectural interest may be typical these days, but that doesn't mean that your room has to look like everyone else's. Both of these living spaces have limited square footage, yet a sense of sophisticated style prevails.

What's the secret of their success? A mix of furnishings that meld classic lines with commonsense comfort and function gives the spaces unique charm and character.

A variety of contemporary furnishings sets an upbeat mood in this modest-size living room *(above)*. A boldly striped sofa provides color and pattern impact that separates the decorative scheme from the ordinary.

The sofa also inspires a striking gray-and-white palette, which is sharpened with contrasting textures. The rustic bamboo chair and rough sisal rug, for instance, are clear counterpoints to the ice-smooth marble table and polished tile floor.

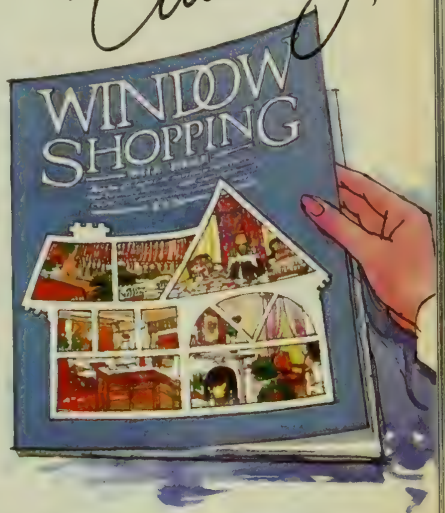
An eclectic conversation grouping imbues this small living space *(above right)* with a comfortable grace that usually comes only with time. Armless sectionals mimic a traditional, matching love seat or sofa arrangement in front of the fireplace, but their pared-down profile lends a fresh look to the time-tested configuration.



For a touch of old-world romance, a French-style armchair is pulled into the grouping. An antique pine armoire behind the chair is another warmth-adding accent; it also stores electronic equipment, books, and magazines. BH&G

Photograph: Top, de Gennaro Studios. Design: Jeff Benedick for JM Peters Co. Field editor: Sharon Haven
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Buying Collectible Quilts

Collectors eagerly searching for quilts reflect the resurgent interest in American crafts. Beginning collectors, however, may be disappointed in what they can find for themselves. Most antique American quilts already belong to museums or private collectors who early recognized the quilters' subtle genius. Even though older quilts are scarce in the marketplace, you still can find a treasure. If you're thinking of starting your own collection, you'll need some background information. Here's some advice to help you avoid hit-or-miss buying.

Learn about textiles

Quilting experts agree that a knowledge of textiles is basic to becoming informed about quilts. A good starting point for learning about fabrics is your local college or university, whose fine arts department may offer courses in textiles. Or, contact your public library, local museum, state historical society.

As you ask around, you might even uncover a local private authority who'd be willing to share a little time and information with you. You may not ever become an expert, but some basic knowledge of fabric types, their care and durability, and the color preferences of an era will help you approximate a quilt's age and value. That's an ability you'll appreciate the first time you make a purchase on your own.

Pre-1900 quilts

Even though older quilts are scarce in the marketplace, the hunt for them may be rewarding. If you've a yen to collect pre-1900 quilts, do some background research on quilts from this period. Then locate and work with a reputable dealer.

Unless you're lucky, you probably won't find these treasures on your own, and you certainly won't find a bargain. A few well-placed inquiries among textile experts at your museum or state historical society will yield some names to check out. Working through a dealer will ensure the value of your purchase, but also will raise its price.

Another cost-increasing factor is that rare early quilts are traded, just like stocks. If you choose to pursue the collecting of pre-1900 quilts, you'll be among the hardier collectors.

Victorian quilts

If Victoriana is your preference, you'll find velvet and silk crazy quilts in abundance. The delicate silks with which Victorian stitchers crafted their quilts were treated by a method that brought out the fabric's sheen. But in the process, this hastened its deterioration. Hold your find up to an *incandescent* light; you'll see any fabric flaws clearly. Enjoy your

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quilt while you can; it's probably destined to be short-lived, no matter what care you take with it.

1900-1935 quilts

You may wish to center your collecting on the 1900-1935 era. Many fine quilts from these years are available through shops, private owners, and estate sales. These were prolific years for American quilters. They were weary of Victorian frills and eager to reintroduce quaintness and charm into their work. You'll find quilts in bright calicos, World War I poppy quilts, liberty quilts, bright Sunbonnet Sue depression-era quilts, and gentle Marie Webster designs in pinks and greens. Pastel on white quilts were a '30s phenomenon. And the popular Dresden Plate, Double Wedding Ring, and Grandmother's Flower Garden designs are amply available.

When choosing one quilt from several, make these mental notes: Is the fabric strong, the design attractive and well-integrated? Is well-executed, elaborate quilting which shows off the needleworker's skill preferable to simple geometric stitching? If you'll be using the quilt, will it suit the scheme of your room? Does some unique quality compensate for less-than-perfect workmanship or condition?

Worn-out quilts

A once beautiful quilt in virtual tatters except for an area or two still may be a good find. Some quilters feel that quilts, no matter how badly deteriorated, should never be cut up. Others feel that usable quilt remnants should be salvaged and enjoyed as garments, toys, pillows, or artwork (displayed under glass, no moisture, away from direct sunlight and heat), or, if possible, that they should be restored and used. If you attempt to restore a quilt, you alter the original with new fabric and new workmanship. This will prolong the quilt's life, but will not increase its value. If you prefer to preserve what remains of a quilt, get professional advice on maintaining it and preventing any further deterioration of the materials.

Ethnic quilts

America's cultural variety offers the collector many options. You'll do best by going to the region where a group has settled; too far beyond their home base may see their craft altered by the demands of money and time, and by the influences of outsiders. Some groups prize workmanship, others value design and color. Study; learn what's standard and what's unique in each group's crafts.

Contemporary quilts

Looking for new quilts? There are some fine, innovative ones being made today. Some quilters think machine-piecing is acceptable and that it makes the quilt stronger than hand-piecing. It's too soon to rate synthetics and blends, but some quilters question their longevity. Look for quality workmanship, and colors and designs that please you. Then follow your own educated instincts to make your purchases.

—*With Bernadette Baczcynski.*

Illustration: Blaser-Kimball

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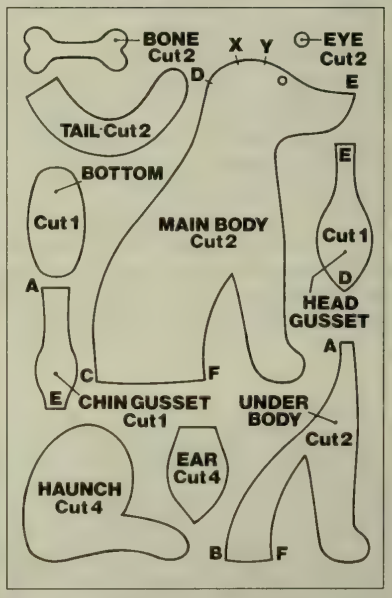
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CRAFTS

Stitch-and-Stuff Dalmatian

This likable stuffed pet *(right)* is easy to make. Just a few twirls at your sewing machine is all it takes.

Enlarge pattern pieces *(right, below)* and cut all pieces from white satin except cut bone from tan fabric and eyes from black felt. Use waterproof black felt pen to draw spots on satin. (Test pen on scrap fabric.)

Stitch underbody pieces together from A to B. Match chin gusset A to underbody A and stitch. Stitch main body pieces together from C to D.

With right sides facing, stitch two ear pieces together, leaving straight edge open. Trim seams and turn right side out. Make two. Baste ears to main body between points X and Y.

Stitch head gusset to each side of main body between D and E. Stitch underbody and chin gusset to each side of main body and head gusset, beginning at E and continuing to F (down nose, chin, and leg). Trim seams, turn right side out, and stuff. Slip-stitch bottom piece to main body.

With right sides facing, stitch two haunch pieces together; leave opening for turning. Trim seams, turn right side out, and press. Make two. Stuff, slip-stitch openings, and stitch to body.

Repeat this procedure for tail and bone, tacking both pieces in place to body (see photograph).

Stitch felt eyes in place. Add ribbon bow for collar.

Design: June Alexis
Photograph: Hopkins Associates

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FOOD

Cooking With Chinese Black Beans



You can add an unexpected flavor to your Oriental meals with fermented black beans. These dark beans are preserved in salt. Small amounts will flavor meats, vegetables, or sauces. You'll find the beans in Oriental food markets or large supermarkets.

SHORT RIBS IN BLACK BEAN SAUCE

- **2 tablespoons fermented black beans**
- **¼ cup finely chopped onion**
- **2 tablespoons dry sherry**
- **2 tablespoons soy sauce**
- **2 teaspoons sugar**
- **2 cloves garlic, minced**
- **3 pounds beef plate *or* chuck short ribs, cut in half across the bones**
- **2 tablespoons cooking oil**
- **4 teaspoons cornstarch**
- **Steamed green pepper and julienne carrot strips, onion wedges, and Chinese cabbage slices**

Rinse beans; drain. Mash beans. Combine first *six* ingredients; set aside. Brown ribs in hot oil. Drain off fat. Add bean mixture and 1 cup *water*. Bring to boiling. Simmer, covered, for 1½ to 2 hours. Spoon off fat. Remove meat to platter. Combine 2 tablespoons *water* and the cornstarch. Add to skillet. Cook and stir till bubbly. Cook 2 minutes more. Arrange vegetables on platter with meat. Pass sauce. Serves 6.

Photograph: Scott Little

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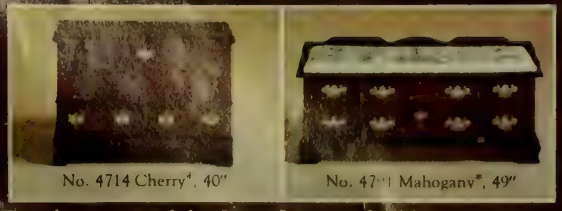
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FOOD

Cooking With Chutney



Foods spiced up with chutney share its international flair. Fruits or vegetables and spices are the makings of this thick relish, a popular accompaniment to Indian curried dishes and English tea breads. You can purchase chutney in grocery stores and specialty food shops. To introduce your family to chutney's distinctive flavor, try our meat loaf, salad, and cheese appetizer.

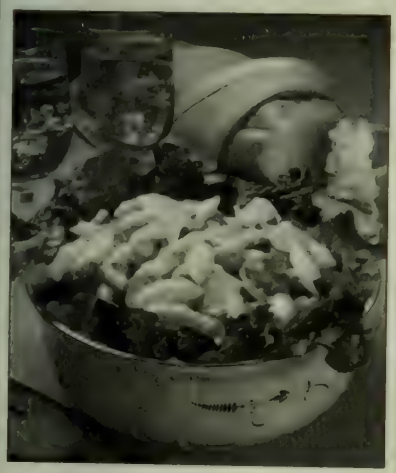
CHUTNEY PORK LOAF

- ¼ cup chopped onion
- ¼ cup chopped celery
- 1 beaten egg
- 1 cup soft bread crumbs (1 slice bread)
- ½ cup finely chopped chutney
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1½ pounds ground pork
- 1 recipe Chutney Glaze
- Bacon curls (optional)
- Celery leaves (optional)

In a saucepan cook onion and celery, covered, in small amount of boiling water till just tender; drain. In bowl combine egg, cooked vegetables, bread crumbs, the ½ cup chutney, the salt, and pepper. Add pork; mix well. In shallow baking dish shape meat mixture into an 8x4-inch oval loaf. Bake in

a 350° oven for 1 hour. Drain off fat. Brush with Chutney Glaze; bake 10 to 15 minutes more. Let loaf stand 5 minutes. Garnish with bacon curls and celery leaves. Makes 6 servings.

Chutney Glaze: In a medium saucepan cook 2 slices *bacon*, finely chopped, ¼ cup chopped *onion*, and ½ teaspoon *curry powder* over low heat till bacon is crisp and onion is tender, stirring occasionally. Drain off fat. Stir in 1 teaspoon *cornstarch*. Add 2 tablespoons finely chopped *chutney*, 1 tablespoon *vinegar*, and 1 tablespoon *water*. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more.



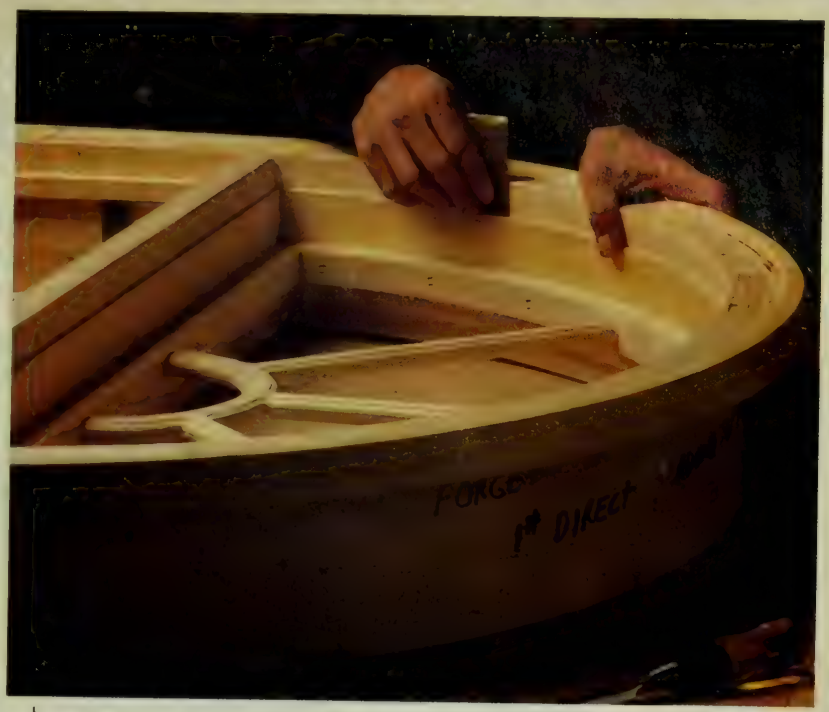
PASTA CHUTNEY SALAD

The small pasta used in this side-dish salad resembles curled bean pods—

2 medium carrots, sliced (1 cup)
4 ounces cavatelli *or* other small pasta (about 1⅓ cups)
¼ cup raisins
½ cup plain yogurt
½ cup finely chopped chutney
2 tablespoons orange juice
2 teaspoons honey
⅛ teaspoon salt
¼ cup peanuts
Lettuce leaves

In a small saucepan cook carrots, covered, in a small amount of boiling water for 5 minutes or till crisp-tender. Drain and cool. Meanwhile, cook cavatelli or other pasta according to package directions; drain well. Rinse pasta with cold water; drain again. Toss together the cooked carrots, pasta, and raisins.

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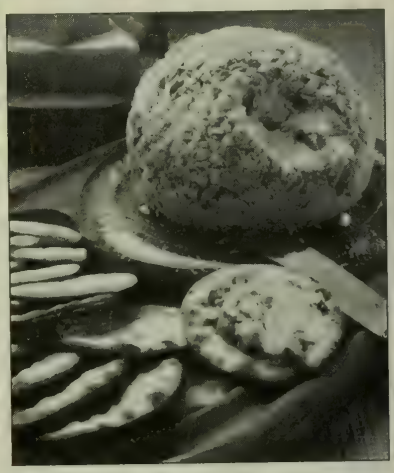
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continued

Chutney

Blend together the yogurt, chutney, orange juice, honey, and salt. Spoon over pasta mixture; toss to coat. Cover and chill. To serve, spoon mixture into a lettuce-lined bowl. Sprinkle with peanuts. Makes 4 servings.



CHUTNEY CHEESE BALL

For variety, you can form this peppy cheese mixture into another shape such as a log, heart, or circle—

8 ounces sharp cheddar cheese
2 tablespoons butter *or* margarine
⅓ cup milk
1 teaspoon Worcestershire sauce
Dash bottled hot pepper sauce
⅓ cup finely chopped chutney
⅓ cup finely chopped pecans *or* peanuts
Assorted crackers

Cut cheese into small cubes; allow cheese and butter or margarine to come to room temperature. Put *one-third* of the cheese in blender container or food processor bowl; cover and blend till chopped. Remove and set aside; repeat with remaining cheese. Return all cheese to blender; add milk, butter or margarine, Worcestershire sauce, and hot pepper sauce. Cover and blend with several on/off turns till smooth. Turn cheese mixture into a mixing bowl. Stir in the chutney. Cover; chill for several hours. Shape cheese mixture into a ball; roll in chopped pecans or peanuts. Chill. Serve with assorted crackers. Makes 1 ball.

Photographs: Mike Dieter

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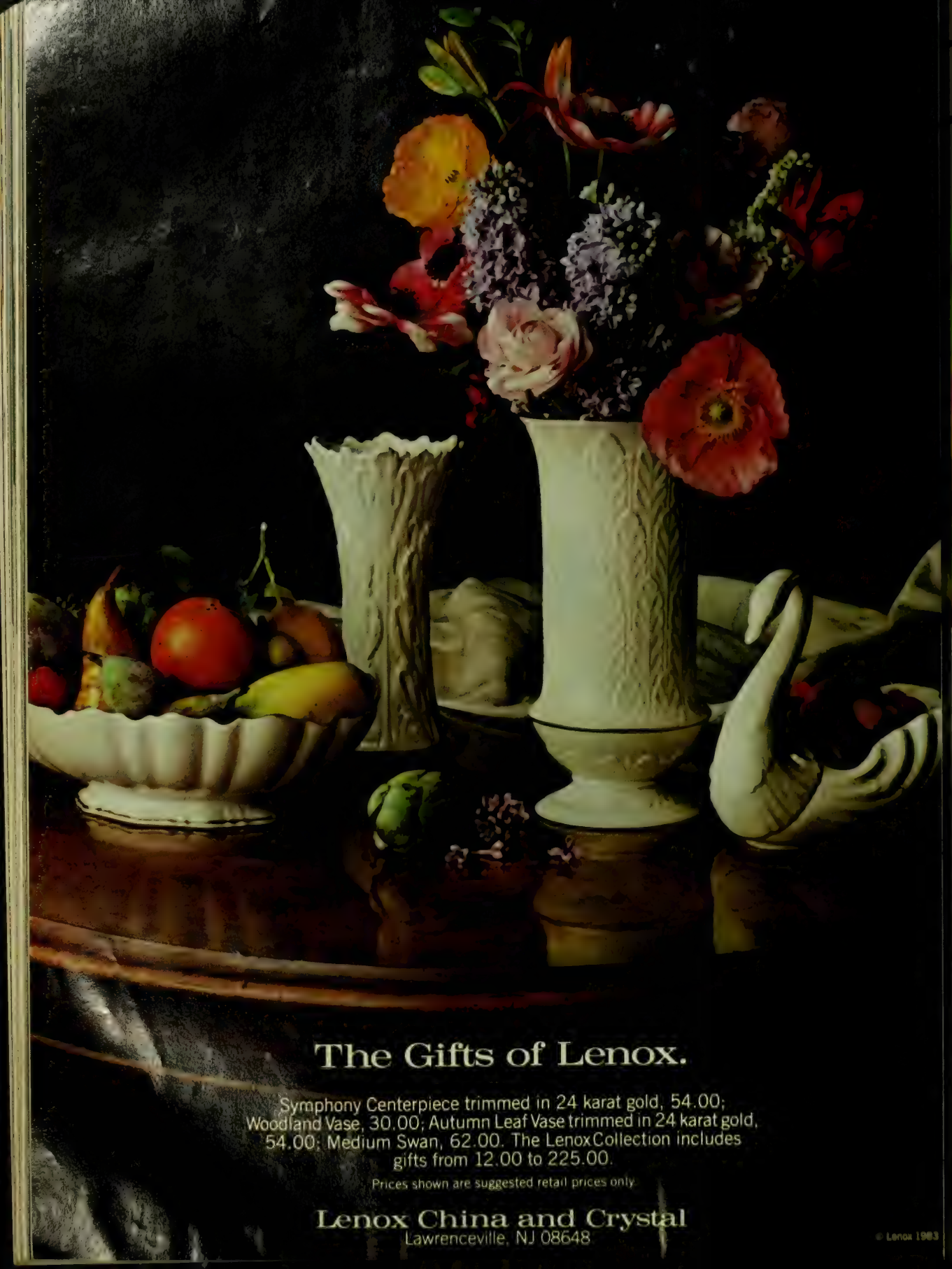
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DECORATING

Special Effects for Small Spaces

Nearly every home has small, left-over spaces that have decorative potential but sit idle and unused. Turning these "blank spots" into delightful eye-stoppers, like the two shown here, can be as simple as creating "still lifes" with some of your favorite old furnishings and accessories.

Duet dining spot

What was an empty wall opposite the living area is now a quaint, and handy, dining spot *(right)*. Furniture pieces collected over the years form the basis for the grouping. The walnut table, for instance, was bought for next to nothing at a farm auction. The ample-sized Windsor chairs also are special finds; they originally seated senators in the Illinois statehouse. Although the primitive-style paintings above the table appear to be antiques, they're actually reproductions that were hand-painted by the homeowner. Country baskets



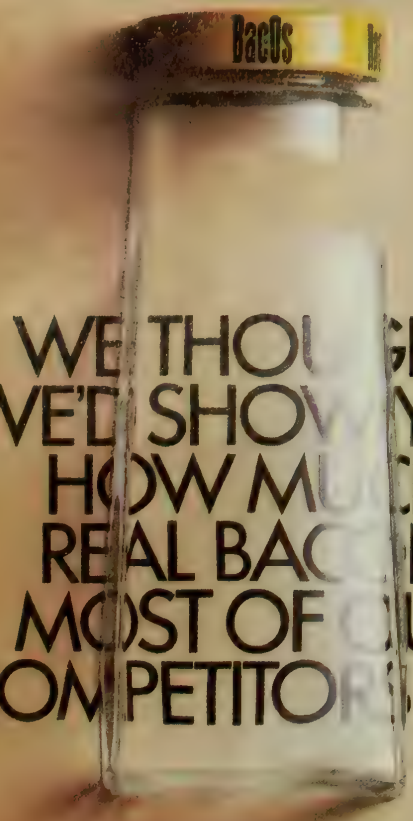
hanging from the ceiling beam add subtle color and texture to the scene.

Artful sideshow

A small passageway *(above right)* becomes the stage for an attractive vignette of handmade objects. An early tavern table with vase and block turnings provides a pivot point for the diverse collection. The tabletop is shared by antique Indian baskets and a lamp made with an old tea canister base. A large, wall-hung weaving, which was made by the homeowner, echoes the geometric designs of Indian baskets.



Photographs: Jessie Walker. Designs: Above left, Judy and Norman Swick; above right, Paul and Alice Eckley
Field editor: Above left, Mary Anne Thomson



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FOOD

Breakfast On the Run



Your family's day will get off to a running start with these nutritious, great-tasting bars. Each wholesome serving supplies 18 percent of the recommended daily protein allowance (12 grams) plus a supply of fiber, vitamins, and minerals. To round out each quick breakfast, offer a glass of milk or the family's favorite fruit juice. You're sure to combat recurring "no time for breakfast" excuses.

PEANUT BUTTER APPLE BARS

For extra convenience, individually wrap each serving and store in the freezer. Then for quick out-of-hand eating, set out the unwrapped bars to thaw the night before you plan to serve them—

¾ cup whole wheat flour
½ teaspoon baking soda

• • •

¾ cup chunk-style peanut butter
½ cup butter *or* margarine
½ cup sugar
1 teaspoon vanilla
2 eggs

• • •

½ cup chunk-style applesauce
1¼ cups quick-cooking rolled oats
¼ cup toasted wheat germ

In a small mixing bowl combine the whole wheat flour and baking soda. In mixer bowl beat the peanut butter and butter or margarine on medium speed of an electric mixer about 30 seconds. Add the sugar and vanilla; beat till well combined. Add eggs, one at a time, beating for 1 minute after each addition. Stir in the chunk-style applesauce. Add the flour mixture to beaten mixture, stirring till well blended. Stir in the quick-cooking rolled oats and the toasted wheat germ. Turn batter into a greased and floured 13x9x2-inch baking pan. Bake in a 350° oven about 25 minutes or till done. Cool completely in pan on a wire rack. Cut into bars. Makes 8 (2-bar) servings.

Photograph: Scott Little

Old English® Oil helps protect your furniture from drying and cracking



Without Old English Oil

With Old English Oil

...while giving a rich natural glow with no aerosol wax build-up.

Hot summer sun and dry winter heat can cause your beautiful furniture to dry out and crack. It happens so slowly you're probably not even aware of it. Old English Oil is made from a special natural moisturizing oil that penetrates the finish and open grained wood to help prevent ugly drying and cracking. It helps maintain the natural beauty of wood and brings out its highlights. Old English Oil contains no wax so you never get wax build-up. It's perfect for all types of wood including natural finishes and all open grained wood. And, surprisingly, Old English Oil is easy to use.

Use it regularly to help protect and preserve the natural beauty of all the wood in your home.

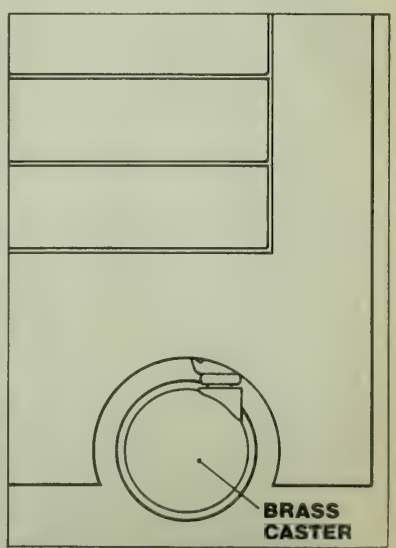


If it's made of wood... it needs Old English Oil.

DECORATING

Shutter Panels for Patio Doors





Providing easy access through a sliding glass door while controlling light and privacy, requires a highly flexible treatment. Here, folding doors made of shutter panels deftly meet these criteria and are crisply attractive, too.

The trifold shutter doors are designed so that they're stable in any position, yet easy to adjust. The hinged sections are attached to the wall with expansion bolts on each side of the patio door. For added strength, the two center shutter panels slide along a built-in track above the window.

Casters attached to the bottom of each of the center shutter panels support the sections and ease movement. Small, rounded niches for the casters are cut out at the bottom of each shutter *(see drawing above)* so that the folding doors fit close to the floor.

A quick adjustment lets the shutters fold up at the sides of the patio door, or close over the door for complete privacy and flexible light and air control.

The shutters pictured here are custom-built, but you can find similar, ready-made treatments in major mail-order catalogs.

Photograph: de Gennaro Studios. Design: Kay Hines Geiserman, ASID. Field editor: Sharon Haven.


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AMARETTO
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ORIGINALE



Almonderful!

Spring Blossom Cake you make with Blue Diamond® Almond Paste

The flavor and fragrance of almond paste really blooms in this new cake. And to make a good thing better, sliced natural almonds subtly underline the almond taste. This is a cake you'll take to parties because it has good firm texture and keeps well (thanks to a ration of brandy and sour cream). Just remember, the almonds must be Blue Diamond®—the best by far from the Almond People® in California.

ALMOND BLOSSOM CAKE

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup sugar
- ½ cup + 1 tablespoon butter
- 2 eggs, beaten
- 1 teaspoon vanilla
- 1 cup dairy sour cream
- 1½ cups Blue Diamond® Sliced Natural Almonds, toasted, divided
- ½ cup half and half
- ¼ cup brandy
- 1 can (8 ounces) Blue Diamond® Blanched Almond Paste
- 4 tablespoons milk
- 4 tablespoons powdered sugar
- Blue Diamond® Sliced Natural Almonds, toasted (for garnish)

Sift first 4 ingredients; reserve. Cream sugar and ½ cup butter. Add beaten eggs and vanilla; blend well. Add dry ingredients to butter mixture alternately with sour cream; batter will be stiff. Stir in 1 cup almonds; reserve. Combine half and half, brandy, and remaining ½ cup almonds; reserve. Knead almond paste with fingers until soft and pliable; add to brandy mixture a little at a time until well blended (mixture will be slightly lumpy). Spread ½ of the cake batter in greased and floured 9 or 10-inch tube pan. Spread ½ of almond paste mixture over cake batter. Spread remaining batter over paste layer. To remaining almond paste mixture add milk and powdered sugar. Pour over cake. Bake at 350°F. 30 minutes. Remove from oven and garnish top with sliced almonds. Bake 30 minutes longer or until toothpick inserted in center comes out clean. Cool on wire rack 30 minutes. Carefully remove from pan and cool completely. Melt remaining tablespoon butter and brush top of cake. Makes 10 to 12 servings.

For innovative almond paste recipes, send 50¢ to: California Almond Growers Exchange, ALMOND PASTE RECIPE BOOK, P.O. Box 1632 San Francisco, CA 94101.



Rolled Oats Options

Serving a piping hot bowl of oatmeal is just one way to enjoy the delicious flavor of rolled oats. Both old-fashioned and quick-cooking forms of rolled oats can be toasted to serve atop salads, ground to make oat flour, or used as a thickener for soups or puddings. To add extra nutrition to your cooking, start with these easy ideas.

Toasted oats

When toasted, rolled oats take on a crunchy texture and a nutty flavor. To toast oats, place 1 to 2 cups of *uncooked* old-fashioned or quick-cooking rolled oats in an ungreased shallow baking pan. Bake in a 350° oven 15 to 20 minutes. Cool; store oats in a tightly covered container in refrigerator.

Toasted oats make a hearty substitute for bread crumbs, wheat germ, and nuts. For example, use toasted oats as a topper for meat loaf or a salad.

Oat flour

Quick-to-make oat flour adds a slightly sweet flavor and extra tenderness to baked goods, but not the classic oat texture. Simply place about 1 to 1½ cups uncooked old-fashioned or quick-cooking rolled oats in a blender container or food processor bowl. Cover and blend about 1 minute or till finely ground. Store oat flour, tightly covered, in a cool, dry place for up to 6 months.

Try oat flour in such baked goods as breads or cookies. In baking, substitute oat flour for no more than one-third of the all-purpose flour in your recipe.

All-purpose thickener

Ground oat flour and rolled oats are easy-to-use thickeners for hot and cold mixtures. One advantage is that rolled oats can be added to some gravies and sauces without cooking to obtain a thicker consistency. Just stir rolled oats into the liquid and chill several hours or overnight. To thicken hot mixtures, you can substitute an equal amount of oat flour for the all-purpose flour in the recipe. Sauces thickened with oat flour have a creamy color.

Allbee® and Z-BEC® Vitamins want you to:

WIN A FAMILY TRIP TO THE 1984 SUMMER OLYMPIC GAMES!

"Winning Events Olympic Sweepstakes"

TWO GRAND PRIZES



Two expense paid trips for families of four to the 1984 Summer Olympics in Los Angeles...plus many other exciting, valuable prizes — televisions, bicycles, cameras, video cassette recorders!

Here's a chance for you and your family to see the 1984 Summer Olympic Games—all expenses paid. Lucky winners of the "Winning Events Olympic Sweepstakes," sponsored by Allbee and Z-BEC Vitamins, will see the world's best athletes compete "for the gold". Look for sweepstakes details at your drugstore's display... don't delay, send in your entry.

Official Vitamin Sponsors of the 1984 United States Olympic Team



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OFFICIAL SWEEPSTAKES RULES

1. To enter, hand print your name, address (including zip code and telephone number) and your favorite Allbee or Z-BEC vitamin retailer on the official entry form or on a 3"x 5" card. With each entry include the words: Allbee and Z-BEC Vitamins, Official Vitamin Sponsors of the 1984 U.S. Olympic Team. NO PURCHASE NECESSARY.
2. Mail your entries to: WINNING EVENTS OLYMPIC SWEEPSTAKES, P.O. Box 82089 St. Paul, MN 55182. Enter as often as you wish. Only one entry per stamped envelope. Entries must be postmarked by December 31, 1983 for the Winter Winning Events Drawing and received by January 15, 1984. Entries for the Summer Winning Events and Grand Prize drawing must be postmarked by May 1, 1984 and received by May 15, 1984. Entrants assume responsibility for delivery of entries by the Post Office. Entries which are illegible, torn or mutilated will not be accepted.
3. Winners for the Winter Winning Events will be selected on or about the week of January 16, 1984. Winners for the Summer Winning Events and the Grand Prize drawing will be selected on or about the week of May 21, 1984. All winners will be notified by mail. Decisions of the Carlson Marketing Group Inc., an independent judging organization, are final. Chances of winning depend upon the total number of entries received.
4. The prizes consist of:

Winter Winning Events
1-First Prize—45" RCA Wide Screen Television
10-Second Prizes—His and Hers 26" Murray 10 Speed Touring Bicycles
25-Third Prizes—Original Limited Edition Olympic Lithographs
1000-Fourth Prizes—Olympic Posters

Summer Winning Events
1-First Prize—Sanyo Deluxe Portable VCR
10-Second Prizes—Nikon FG Camera, Lens, Case and Flash
25-Third Prizes—Original Limited Edition Olympic Lithographs
1000-Fourth Prizes—Olympic Posters

Grand Prize Winning Events—(to be drawn from all entries received.)
2 Grand Prizes — all-expenses paid trip to the 1984 Summer Olympic Games in Los Angeles for a family of four.

5. Prizes are limited to one household and are not transferable. No cash substitutes. Winners are responsible for all federal, state and local taxes. If a minor wins any of the prizes, it will be awarded in the name of the parent or legal guardian. All prizes will be awarded.
6. This sweepstakes is open in all areas of the U.S. in which displayed or advertised. Offer void if prohibited or restricted. All federal, state and local laws and regulations apply.
7. Employees and their families of the A. H. Robins Company and its affiliates or subsidiaries, their advertising and promotional agencies are not eligible. Winners subject to proving eligibility.
8. For a list of all prize winners, please submit a self-addressed, stamped envelope to WINNING EVENTS OLYMPIC SWEEPSTAKES WINNERS LIST, P.O. BOX 82194 St. Paul, MN 55182

Mail entries to:
"Winning Events Olympic Sweepstakes"
P.O. Box 82089, St. Paul MN 55182

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See Official Sweepstakes Rules for mailing deadlines.

The 1984 Olds Cruisers. Everything else is just a wagon.

You get a lot more than room in these Olds wagons. You get an Oldsmobile. And that means you get something special, inside and out. Like handsomely-appointed interiors, as quiet as they are comfortable. And smooth, stylish lines. The kind maybe you never expected from a wagon. And, of course, Oldsmobile quality through and through.

The 1984 Olds Cruisers. 3 different sizes, sure to fit any size family. Compare for yourself. Next to them, everything else is just a wagon.



There is a special feel in an Oldsmobile

Easy-Care Landscaping



FLOWERING VINES AND GROUND COVERS

By Douglas A. Jimerson

Landscape improvement is a snap when you put a vine or ground cover to work. These adaptable plants will grow anywhere, easily handling even tough assignments like erosion control or privacy screening. Use vines to grow up and over arbors, trellises, fences, walls, and buildings. Or, let a vine become a blooming backdrop for a flower garden. For shady spots where lawn grasses fail, ground covers will create a carpet of colorful flowers. In the front yard, plant ground covers along a walk or foundation. Before you know it, you'll have a welcome mat of blooms. Read on for more information about these great garden helpers.

FLOWERING VINES

Vines offer inexpensive, practical solutions for hard-to-solve landscape problems. For example, a large flowering vine like wisteria can be used to soften the sharp architectural lines of an exposed porch, deck, or patio. And, at the same time, the plant will add shade, privacy, and beauty to the setting. Smaller vines like clematis and plumbago will easily disguise a porch pillar, stairway railing, or small shed. If you need to camouflage a large building, fence, or wall, vines like Dutchman's pipe, trumpet vine, and honeysuckle are hard to beat.



SWEET AUTUMN CLEMATIS ▲



BOUGAINVILLEA ▼

CLEMATIS

Every garden should include at least one clematis vine. These spectacular perennials produce jumbo, show-stopping flowers in May and June. Unlike many other vines, clematis is easy to control, rarely growing over 12 feet long. Flower colors include: blue, lavender, white, pink, rose, and violet; single and double flowering varieties are available. The plants prefer a sunny spot where their roots can remain cool and moist. Ideally, the soil should be slightly alkaline. Use clematis to frame a doorway or window or let it clamber over a brick wall or rail fence. In cold climate areas, clematis may die back to ground level during the winter.

Sweet Autumn clematis, *Clematis paniculata,* develops masses of highly fragrant, small white flowers in August and September. The vine is a rapid grower with dense, shiny green leaves. It makes an excellent screen and is hardy in even the coldest climates. Sweet Autumn clematis requires full sun. The plant prefers a rich, slightly moist soil.

BOUGAINVILLEA

Southern and West Coast gardeners can grow one of the most exotic and breathtaking vines—the bougainvillea. This colorful plant looks terrific when trained around doors and windows, or over the top of a patio arbor. The plants are available in a host of colors that includes: cream, rose, yellow, purple, crimson, and orange. At first, bougainvillea may require some support, but once the plant is established, it can climb without help. Bougainvillea grows best in a sunny spot with rich, slightly moist soil. Prune after the flowers fade.

HYDRANGEA

You can dress up a bare brick or masonry wall with climbing hydrangea. This handsome vine produces crownlike heads of small white flowers throughout the summer; each flower head measures about six inches in diameter. The large, spreading plants are not as fast growing as other vines, but eventually the hydrangea may grow to 50 to 60 feet long. Climbing hydrangea requires a sunny or partially sunny location and rich, well-drained soil. Insects and diseases aren't a problem, but it's wise to mulch the plants in the fall for winter protection. Mature vines have peeling, reddish bark. Climbing hydrangea is not reliably hardy in



HYDRANGEA ▲





STEPHANOTIS ▼



PORCELAIN VINE ▲

CLEMATIS ▼



the far North. Prune in late winter and fertilize after the leaves begin to appear in the spring.

STEPHANOTIS

Few vines are as deliciously fragrant as the tropical stephanotis. This evergreen vine develops large clusters of white, trumpet-shaped flowers all summer long. Because stephanotis is a tropical vine, it can be grown outdoors only in the warmest parts of the country. In other regions, however, it grows equally well as a greenhouse plant. Outdoors, plant stephanotis in a partly shady spot with rich, well-drained soil. Mulch with several inches of leaves or straw to increase soil moisture and eliminate weed competition. Indoors, set your plant where it will receive at least five hours of sun a day. Keep the soil slightly moist and fertilize once a month with a liquid houseplant fertilizer. Prune in the spring.

PORCELAIN VINE

Clusters of green, yellow, lavender, cream, and blue berries cover the handsome porcelain vine in late summer and fall. Porcelain vine will grow either in sun or light shade and it will tolerate hot, dry conditions. The vine isn't dense enough to make an effective screen, but it will look great trained over a patio arbor, where the colorful berries can be seen close up. You also can use porcelain vine as a ground cover to disguise small slopes or rocky areas. Prune in late winter or early spring.

Photographs: Bougainvillea, Ernest Braun; others, Maris/Semel
Field editor: Bougainvillea, Helen Heitkamp; others, Bonnie Maharam

FLOWERING VINES

WISTERIA

The delicate fragrance and soft pastel blooms of the wisteria have made it a favorite with gardeners across the country. A good choice for the porch or veranda, wisteria requires a sturdy support; as the vines mature, they can become quite heavy. The long, hanging clusters of flowers, which are available in blue, rose, white, or lilac, appear in May. Wisteria does best in a sunny location. Be sure to buy grafted, or cutting-grown stock. Plants that were started from seeds may not bloom until they are five or six years old. Prune after the flowers fade.

SILVERLACE

It's easy to camouflage all of your landscape's eyesores with silverlace vine, also called fleece vine. This rampant perennial isn't as showy as other flowering vines, but it grows so rapidly that it will hide a tumble-down shed or wall in only a season or two. And, it produces sprays of small white flowers all summer long. For best results, plant silverlace vine in a sunny, well-drained location. Prune in the spring.

DUTCHMAN'S-PIPE

Dutchman's-pipe is a fast-growing perennial vine that produces a thick canopy of large, dark green, heart-shaped leaves. It's the perfect choice for an exposed location where shade or privacy is needed. The vine will cling to almost any surface and it thrives either in sun or light shade. In the late spring, Dutchman's-pipe produces quantities of inconspicuous mahogany and cream, pipe-shaped flowers. The plants will grow to 30 feet and survive in all but the coldest climates. Prune in the early spring.

PLUMBAGO

Sky-blue flowers adorn the graceful branches of the plumbago vine all summer. Like the bougainvillea, the plumbago grows best in warmer regions of the country. This evergreen perennial prefers a sunny spot with slightly dry, sandy soil. Prune in the early spring.

MORNING-GLORY

A popular annual vine, the morning-glory can be used anywhere that you need a quick, temporary screen. This vigorous vine has large heart-shaped leaves and the plants may grow 20 feet long. The flowers, which are open only in the morning, are available in blue, red, purple, rose, and white. Morning-glory thrives in full sun or partial shade. Sow seeds outdoors after frost danger.

TRUMPET VINE

Vigorous and hardy, the sun-loving trumpet vine will dazzle you with clusters of colorful flowers from mid-summer till frost. The plants cling to any surface, transforming a fence, wall, or arbor into a fountain of color. The common trumpet vine produces reddish-orange flowers, but newer crimson- or yellow-flowering varieties are now available. Because this popular perennial spreads by underground runners, it's best to locate the plant where its roots will be contained. Prune in early spring.

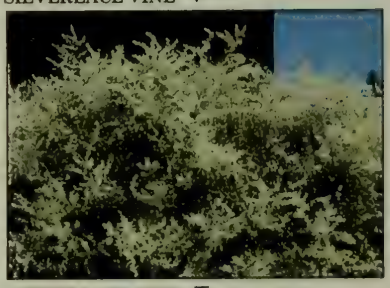
HONEYSUCKLE

The versatile honeysuckle is one of the few plants that can be grown either as a vine or as a ground cover. When trained to a fence, arbor, or trellis, the honeysuckle will cling to the support, making an attractive and eye-catching vine. Without a support, honeysuckle will carpet the ground, choking out weeds and preventing erosion on steep slopes. Either way, honeysuckle produces quantities of fragrant, trumpet-shaped flowers in the spring and summer followed by colorful berries in the fall. Flower colors include: cream, orange, red, white, or yellow. Honeysuckle will grow in sun or light shade. Prune after the flowers fade.

Photographs: Wisteria, Sandra Williams; trumpet vine, Bill Helms; others, Maris/Semel
Field editor: Wisteria, Sharon Haven; others, Bonnie Maharam



SILVERLACE VINE ▼



DUTCHMAN'S-PIPE ▼



PLUMBAGO ▼



MORNING-GLORY ▼



WISTERIA ▲



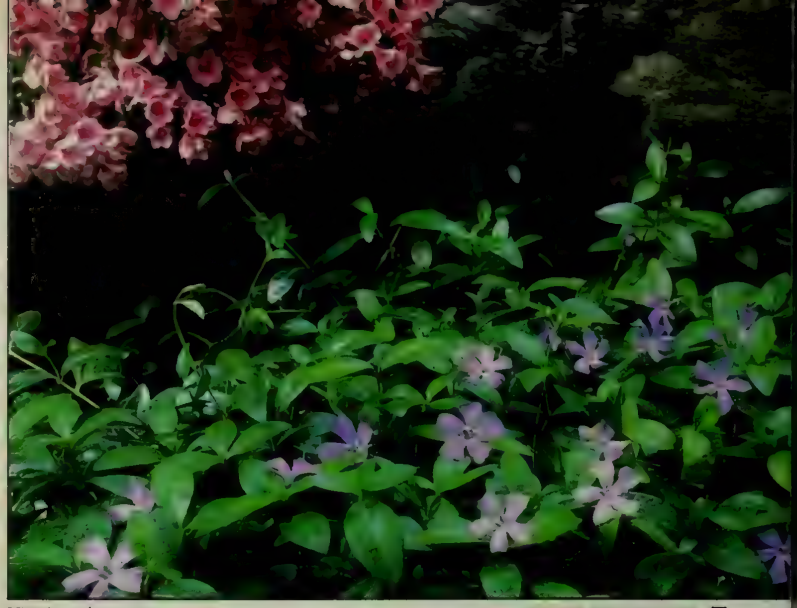
HONEYSUCKLE ▼

TRUMPET VINE ▲



LILY-OF-THE-VALLEY ▼





VINCA ▲

SWEET WOODRUFF ▼



GROUND COVERS

You can conceal unsightly bare spots in your landscape with a good-looking, low-maintenance ground cover. Once established, most ground covers require little attention, and their soil-hugging habits will help choke out weeds and prevent erosion. Ground covers are especially useful on slopes or on problem areas where lawn grasses die out. All of the ground covers listed here are hardy across most of the country. But, before planting, ask your nurseryman which species will thrive in your area.

LILY-OF-THE-VALLEY

Generations of gardeners have enjoyed the wonderful fragrance of the white, bell-shaped flowers of lily-of-the-valley. This plant grows about eight inches high, multiplying steadily until it fills in an area. Lilies-of-the-valley are at their best in a partially shady location. Mass them around trees and shrubs, or edge a shady border with their thick, dark green leaves. Flowers appear in the early spring.

VINCA

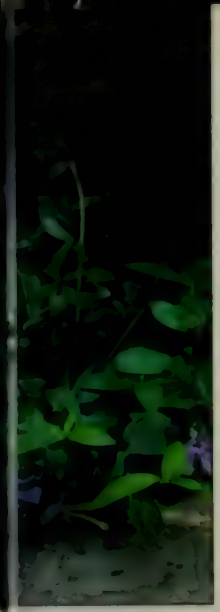
Vinca, occasionally called periwinkle or creeping myrtle, is a first-rate selection if you want to conceal bare areas under large shrubs. The dark green, leathery leaves remain on the plant all year, and during May and June, vinca is smothered with bright, bluish-purple blooms. A rich, well-drained, slightly moist soil is preferred. Vinca grows six inches tall.

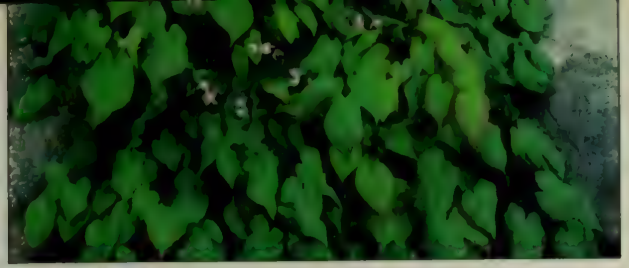
SWEET WOODRUFF

Deep shade won't hamper the spread of sweet woodruff. Once established, this delightful, low-growing plant grows rapidly, even under a dense canopy of shrubs and trees. Sweet woodruff grows seven inches tall and produces quantities of small white flowers in the late spring. The plants prefer a moist, acid soil.

EPIMEDIUM

The exotic, light green, heart-shaped foliage of epimedium may look fragile, but actually this elegant plant is one of the toughest ground covers you can grow. Epimedium

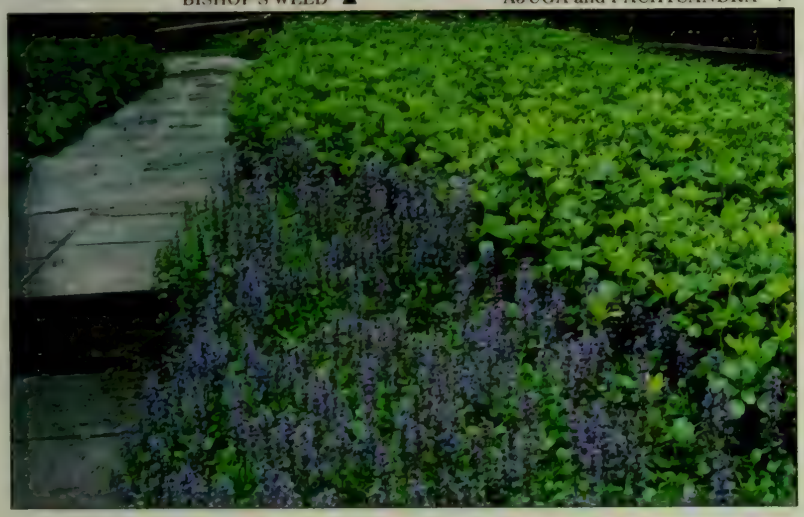




EPIMEDIUM ▲



BISHOP'S WEED ▲



AJUGA and PACHYSANDRA ▼



LAMIUM ▲

BUTTERCUP ▼



grows about 12 inches tall and in the spring it produces wiry stalks laden with pinkish-white flowers. The plants prefer semishade and a moist, slightly acid soil.

BISHOP'S WEED

Bishop's weed, also called goutweed, is one of the few ground covers that thrive in full sun or semishade. The plants are vigorous and hardy, growing eight inches tall with umbels of white flowers in late spring. Bishop's weed isn't fussy about soil conditions, and the variegated foliage looks great anywhere in the garden.

AJUGA and PACHYSANDRA

Shady garden corners and steeply sloping backyards are no match for ajuga and pachysandra, two of the most popular ground covers. Both species prosper in rich, moist soil and a shady to partially sunny location.

Ajuga, also called bugleweed, grows only four to six inches tall, forming a dense mat of attractive dark green foliage; varieties with bronze or variegated leaves are becoming more common. In the spring, the plants produce blue, red, or white flowers.

Pachysandra is an evergreen plant that grows eight to ten inches high. Its scalloped, shiny-green leaves and small, white, spring flowers make an unbeatable combination for any garden site. One variety, called Silveredge, has dark green leaves with white margins.

LAMIUM

Velvety, silver-green leaves and bright pink flowers make lamium an exceptional ground cover for a dull, out-of-the-way garden corner. Lamium grows only four inches tall, but it can blanket a large area in a very short time. The plants thrive in shade or semishade and require a rich, slightly moist soil. A new variety called Beacon Silver has silver leaves with light green edges.

BUTTERCUP

The sunny yellow flowers of the buttercup are a welcome addition to any garden. There are many species of buttercup; most grow between 12 and 24 inches tall. Buttercups need a rich, well-drained soil and a partially sunny location. The plants naturalize readily, and flowers appear in late spring and early summer.

Photographs: Maris/Semel
Field editor: Bonnie Maharam

Buying information, page 167.

PETITE TREASURES

Exquisite Handmade Crafts

Good things do come in small packages, as a look at this enchanting collection of handmades proves. But each of these small projects is big on creativity and looks. You'll enjoy making these tiny treasures as much as our young friends enjoy sharing them with you.

By Nancy Lindemeyer, Ann Levine, and Beverly Rivers









Dainty silk flowers are artfully arranged to make a lovely bridal bouquet and headpiece *(opposite)*. Craft these exquisite miniatures for a child, or make them full-size for a bride and her attendants. Snippets of ribbon and lace, soft white feathers, and tiny pearls add wedding-day elegance to these pretty designs.

This precious doll quilt *(above)* is an embroiderer's delight. Just the right size for a doll bed or crib, it makes a charming keepsake for a child's nursery or playroom. Use embroidery floss and pearl cotton thread to work this enchanting design. The easy-sew heart border expresses the love that's stitched into this darling handmade gift.

Needlepointers will cherish our beautiful, old-fashioned footstool *(left)* and delicate needlepoint "painting" *(above)*. Both designs are reminiscent of picture-perfect portraits and floral motifs of long ago. Use simple needlepoint stitches to work the 13-inch-diameter footstool; stitch the 9½x12-inch picture in *tramé* needlepoint for an intricate, raised effect.

See page 148 for instructions. Buying information, page 167.

To order patterns, kits, and accessories, see page 185.

Designs: Nosegay and headpiece, Gary Boling; quilt, Beverly Rivers; footstool, Janet McCaffery; needlepoint picture, Brunswick Yarns. Photographs: Mike Dieter

PETITE TREASURES



These imaginative ideas require only small investments of time and money; and with sizes so manageable, it's easy to try your hand at several crafts techniques.

Here's a crocheting challenge to relish: work delicate flowers in fine threads and scatter them on a small wooden box *(above)*. Refer to the photograph for inspiration, or create your own design.

For an extra-special gift idea, stitch an elegant beaded purse *(left)*. String beads and pearls onto thread and attach them to







fabric for a floral design rich with detail.

Petite projects like these delicate macrame watchbands *(above left)* offer big results.

Our keepsake album *(above)* boasts a cover that is as special as its contents. Appliqué the design to a muslin square and wrap it around a store-bought album.

Adorn Sunday-best dresses with lace-trimmed collars and cuffs *(left)* for a touch of romance. Floral designs are cross-stitched in soft pastels.

See page 148 for instructions. Buying information, page 167.

To order patterns, kits, and accessories, see page 185.

Designs: Box, Anne Yukner and Sara Jane Treinen; purse, Phyllis Dunstan; watchbands, Susan Dershin; album, Ciba Vaughan for Hearts and Minds Design; collars and cuffs, Margie Gill

Stunning Solutions

FOR PROBLEM KITCHENS

Most older kitchens suffer more from generation gap than poor design; the old cooking quarters simply can't cope with our new lifestyles. Today's families want islands, eating spaces, gathering spots, planning areas, daylighting, storage galore, and a bevy of appliances that didn't exist a few decades ago. So it comes as no surprise that yesteryear's kitchen is the first-remodeled and most-changed room in America. If you plan a kitchen update of your own, borrow your favorite ideas from the next few pages.

By David Haupert





SOLUTION FOR

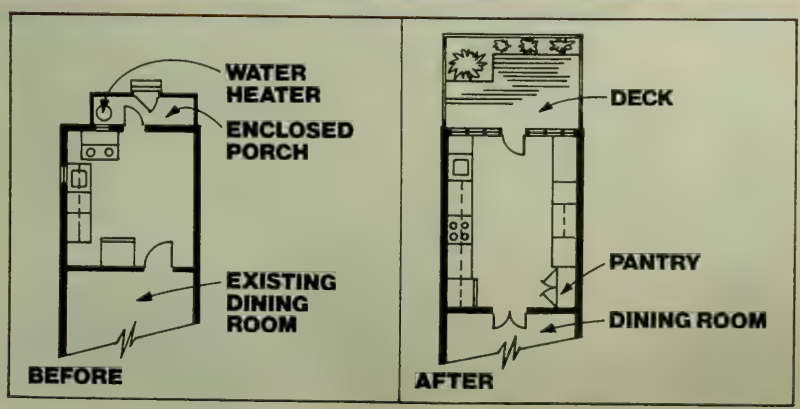
Meager Storage, Counter Space

When you start with 2½ feet of counter space, two tiny windows, virtually no storage, and a freestanding range with nothing on either side, almost anything is an improvement. But this remodeling goes far beyond the typical redo; it adds a combination of practicality, warmth, and appeal that few kitchens can equal.

As the floor plans show, the designer started by borrowing three feet from the dining room to stretch the 11x12 "before" to an 11x15 "after." Then he opened up the opposite end of the room by adding wall-to-wall glass and replacing a dark, lean-to porch—nothing more than a room to house the water heater—with a small, inviting deck. Presto: Lots of daylight, a garden view, a handy outdoor dining area, and a much more attractive route to the backyard.

He redesigned the kitchen proper by lining both 15-foot walls with cabinets and appliances *(above)* and leaving a central corridor for access to the deck door, the only rear exit. While reworking the walls, he also removed the window over the sink, eliminating the view of the neighbors' siding, two feet away.

The countertops grew from 2½ feet to 15, but are sprinkled throughout



the kitchen, rather than limited to one long run. A five-foot, free-standing butcher-block table adds bonus space for food preparation and snacking.

Work stations are staggered comfortably *(opposite)*. Next to the double ovens are a bar area with glass storage, a microwave center, and a small planning area. A four-foot-wide pantry (out of camera range) sits just on this side of the wall ovens.

Photographs: Fred Lyon. Design: Richard Kaleh and Associates. Field editor: Barbara Calhcart



SOLUTION FOR Chopped-Up Spaces

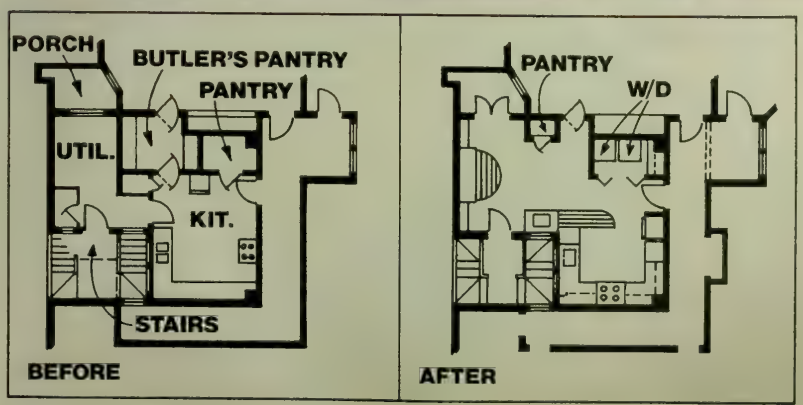
Lots of walls, an oversized utility area, several doors sharing the same swing space, and the absence of any eating facilities headed the list of drawbacks plaguing this 1900s kitchen. But a wholesale wall-removal effort (see plans) and some savvy reshuffling created a kitchen so special that its owners even use it for 80 percent of their entertaining.

In the major work core *(right and opposite)*, square footage remained the same but only the sink and windows stayed in their original locations. Because the windows prevented the new cabinets from extending to the wall, the architect filled the last foot of space with shallow shelves.

He also added open shelves onto the bottoms of the cabinets and glass inserts in the top doors *(right)* to give the tall storage units a lighter look. The corner between the range and ovens houses an appliance center.







A low butcher-block counter defines the traffic lane leading past the kitchen proper to the breakfast area *(opposite top)*. The custom-built dining banquette makes efficient use of the floor space formerly occupied by the utility room. New French doors lead to a porch that previously had no access from inside. The large former butler's pantry was whittled down to a more manageable 2½x3-foot storage unit out of camera range to the right of the French doors.

Photographs: Ernest Braun. Architect: Hank Bruce. Field editor: Helen Heitkamp

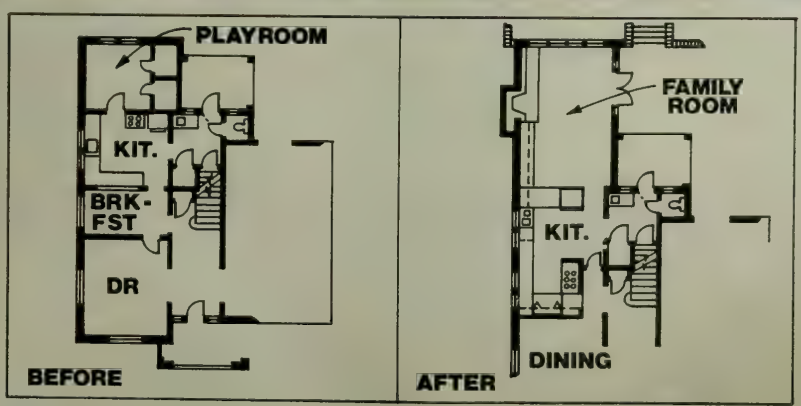
SOLUTION FOR Traffic Hang-Ups



Before this beautiful remodeling materialized, anyone headed to or from the back-of-the-house playroom had to make a beeline through the busiest part of the kitchen. Also, the dining room was separated from the kitchen by a seldom-used breakfast room. Add to these problems a woeful lack of kitchen storage space, and you can understand why the whole area was destined for an overhaul.

Fortunately, the homeowners found an architect who was able to create this practical solution—and toss in a family room to boot.





Most of the cooking takes place in the general vicinity of the former breakfast room *(opposite top)*, now part of the kitchen. A new hallway skirting this area leads all the way to the rear of the house. Tucked into an alcove backing the hallway *(opposite bottom)* is a commercial range.

The rear portion of the kitchen *(above)* has a completely open feel now. A bright, but cozy family room nestles behind the refrigerator.

Buying information, page 167.

Photographs: Steve Fridge. Architect: E. Paul Kelly, AIA
Field editor: Barbara Cathcart

Welcome Spring With
FESTIVE BREADS

BY JOY TAYLOR

Although you can't live on bread alone, after sampling our fanciful rolls, coffee cakes, and loaves, you may want to try! These pages and the next show off an array of new-fashioned holiday breads and easier-than-ever international classics. Delight your loved ones with these delectables at spring celebrations—from Easter and Passover to informal gatherings.



Not all breads come warm from the oven. **Steamed Whole Grain Bread** *(far left),* enriched with whole wheat flour, millet, rolled oats, and sunflower nuts, cooks atop your range. Serve each sugar-dusted slice with brilliant **Strawberry Sauce.**

Mixed Nut Tea Ring *(top left)* embraces two splendid features: walnuts,



pistachios, macadamias, pecans, and hazelnuts speckle the top of this distinctive yeast bread; a velvety lemon butter graces the center.

Banana Sponge Coffee Cake *(center)* boasts a raspberry jam center and sesame seed border. This rendition of the traditional Passover sponge cake is ideal for breakfast.

Double-Good Crescent *(top right)* holds two fillings—rhubarb and coconut. This dough, made the night before, rises in the refrigerator; next morning, it's baked.

Kulich *(right)*, a dome-shaped loaf, highlights Russian Easter feasts. Slices of this saffron-specked bread are spread with another Russian food: **Paskha** *(above left)*, an almondy cheese.

To order bread-making gadgets, see page 185.

Photographs: Ernie Block
Food stylist: Vicki Johnson

Recipes begin on page 126.
Buying information, page 167.

FESTIVE BREADS





Individual-sized breads are just as impressive—and toothsome—as their larger counterparts. Here's proof:

Alfalfa sprouts, wheat germ, honey, and basil naturally accent the easy batter-type yeast dough for **Sprouted Herb Loaves** *(far left).* Scaled-down pans are used to bake this healthful bread.

A drizzling of melted sugar becomes a crunchy coating on **Spun Caramel Fruit Gems** *(center).* Dried apricots and dates dot the tender interiors of these teatime morsels.

In a snap, bake a batch of festive rolls with help from a purchased bread mix. Pineapple and cream cheese enrich **Glazed Springtime Rolls** *(top center).* Icing adds a springlike touch to each delicately shaped portion.

Piping hot **Cheese-Filled Crumpets** *(top right)* glorify the classic griddle-fried cakes of Great Britain. This American interpretation, similar in texture to English muffins, features your choice of cheddar, Swiss, or Gouda cheese centers.

A pastel hard-cooked egg bedecks each braided **Lambropsomo Bun** *(above),* a single-serving version of a classic Greek Easter bread.

Recipes begin on **page 126.**
Buying information, **page 167.**



Bring On The BRUNCH!

By Joy Taylor

Photographs: Ernie Block
Food stylist: Vicki Johnson

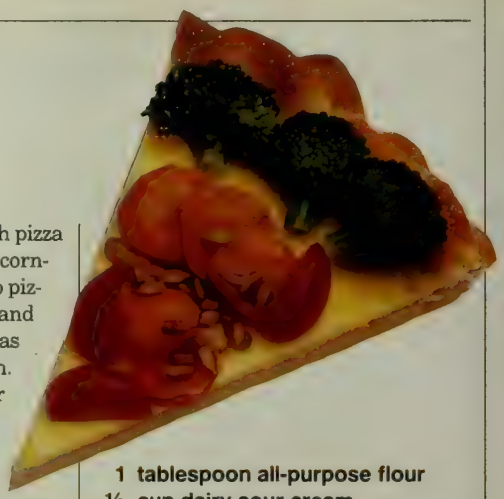
Celebrate spring's arrival with a warmhearted weekend brunch for family and friends. This tasty buffet for 12 is sure to appeal to both hosts and guests, from Grandpa to the tiniest tot. The big bonus for the hosts lies in the brunch preparation—each recipe is partially made before the fun begins, letting you avoid any sunrise helter-skelter. The versatile menu adapts to smaller and larger affairs, too. So set the date now and create your first-of-the-season social.

Your party centers around **Omelet Pizza** *(front)* and a trayful of toppings for diners to custom-flavor each wedge. Refreshing accompaniments, including **Cinnamon Fruit Cups** *(back right)*, enhance the meal. Add hot water, plus coffee crystals or liqueur, to portions of **Spiced Cocoa Mix** *(center)*. Let fruit aficionados pour carbonated water or wine into cups of **Apple Slush** *(top right)*. Complete the festivities with a rainbow assortment of **Sherbetwiches** *(left)*.



To order sherbet cutters, see page 185.
Recipes begin on page 126.
Buying information, page 167.

Brunch Recipes



OMELET PIZZA

To prevent the egg filling from spilling over in the oven, it's important to crimp the crust's edge high (about ¾ inch) in the pizza pan—

2½ to 3 cups all-purpose flour
1 package active dry yeast
1 tablespoon sugar
1 teaspoon salt
1 cup warm water (115° to 120°)
2 tablespoons cooking oil
Cornmeal
1 medium onion, chopped (½ cup)
1 tablespoon cooking oil

• • •

14 beaten eggs
⅔ cup milk
½ teaspoon salt
⅛ teaspoon pepper
1 recipe Two-Way Sauce (see recipe right)

• • •

Topping options:
fully cooked ham strips *and/or* sliced sausage;
sliced pitted ripe olives, avocado, fresh mushrooms, radishes, *and/or* red onion;
cooked sliced carrots, artichoke hearts, asparagus spears, Chinese pea pods, *and/or* broccoli flowerets;
halved cherry tomatoes;
cooked and shelled shrimp;
shredded cheese;
sunflower nuts

In a large mixer bowl combine *1¼ cups* of the flour, the yeast, sugar, and 1 teaspoon salt. Stir in the warm water and the 2 tablespoons oil. Beat with an electric mixer on low speed for ½ minute, scraping bowl constantly. Beat on high speed for 3 minutes. Using a spoon, stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Cover; let rest 10 minutes. Divide dough in half. On a lightly floured surface roll each half into a 14-inch circle. (If dough is too elastic during rolling, cover and let rest for 5 minutes.) Grease two 12-inch pizza pans and sprinkle lightly with cornmeal. Transfer circles of dough to pizza pans. Press dough up sides and crimp edges at least as high as sides of pizza pans, about ¾ inch. Cover pizza crusts with clear plastic wrap or moisture- and vaporproof wrap. Refrigerate for 2 to 4 hours or freeze.

To serve, allow frozen crusts to thaw at room temperature for 40 to 45 minutes. In a small saucepan cook chopped onion in the 1 tablespoon oil till tender but not brown. In a bowl combine eggs, milk, the ½ teaspoon salt, the pepper, and cooked onion. Uncover crusts; prick generously with fork. Bake in a 425° oven about 15 minutes or till edges are light brown. Reduce oven temperature to 400°. With wooden spoon, press down any high spots in crust. Leave crusts on oven shelf; carefully pour *half* of the egg mixture into each crust. Bake in a 400° oven 10 to 12 minutes or till egg mixture is almost set. Remove from oven; cut each pizza into 12 to 14 wedges. Serve with Two-Way Sauce and desired toppings. Cover one pizza with foil to keep warm while serving the other. Makes 12 to 14 servings.

TWO-WAY SAUCE

To avoid early morning hassles, prepare this versatile sauce a day before the brunch and store overnight in the refrigerator. At serving time, slowly reheat each sauce, adding milk as necessary to thin, then transfer to a serving bowl—

¼ cup sliced green onion
¼ cup butter *or* margarine
¼ cup all-purpose flour
1 cup water
1 cup milk
1 teaspoon instant chicken bouillon granules

• • •

1 8-ounce can whole kernel corn, drained
½ cup shredded carrot
¼ cup finely chopped green pepper
½ cup shredded process Swiss cheese
1 tablespoon all-purpose flour
½ cup dairy sour cream
8 ounces fully cooked smoked sausage links, halved lengthwise and sliced, *or* diced fully cooked ham
½ teaspoon dried basil, crushed

In a medium saucepan cook green onion in butter or margarine till tender but not brown. Stir in the ¼ cup flour. Add the water, milk, and bouillon granules. Cook and stir over medium heat till mixture is thickened and bubbly. Pour *half* of the sauce (about 1 cup) into another saucepan. Stir the corn, carrot, and green pepper into one of the sauce mixtures. Return to boiling. Cook and stir 1 minute more. Add the Swiss cheese, stirring till melted. Remove from heat; keep warm.

Stir the 1 tablespoon flour into sour cream; stir into the remaining saucepan along with the sausage or ham and basil. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Makes about 2½ cups of each sauce.

CINNAMON FRUIT CUPS

For a striking presentation, reserve the pineapple crown and use as a centerpiece on the salad's serving platter; surround the crown with the salad cups—

1 17-ounce can apricot halves
1 tablespoon sugar
1 tablespoon lemon juice
3 inches stick cinnamon, broken
¼ teaspoon cardamom seed
1 fresh pineapple
4 oranges, peeled and sliced
2 heads Bibb *or* Boston lettuce, separated into cups *or* fresh spinach leaves
1 pint fresh strawberries, halved
Fresh mint sprigs

continued

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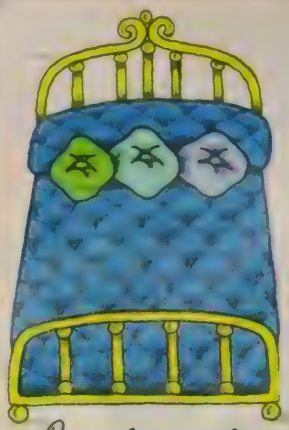
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continued

Brunch recipes

Place *undrained* apricots in blender container; cover and blend till smooth. Pour puree into saucepan; add sugar, lemon juice, cinnamon, and cardamom. Bring to boiling, stirring to dissolve sugar. Cover; simmer 10 minutes. Strain to remove spices. Set sauce aside. Remove crown from pineapple. (Wrap crown in clear plastic wrap and chill till serving time.) Cut off peel from pineapple; remove eyes. Cut pineapple into spears, removing the center core. Place pineapple spears and orange slices in a large bowl; pour apricot mixture over all, stirring carefully to coat. Cover and chill several hours.

Arrange lettuce cups on a large tray. (Leave space in center of tray for pineapple crown.) Arrange pineapple, orange slices, and berries in each lettuce cup. Drizzle some of the apricot mixture left in bowl over the fruits. Cover and chill till serving time. Garnish each cup with mint. (Place reserved pineapple crown on platter.) Serves 14.

SPICED COCOA MIX

For easy serving, place the cocoa mix, a teakettle of hot water, the coffee crystals, and the liqueur on a serving table. Then, let guests create their own warm beverage. If you think guests will clamor for more, stir together double the recipe—

2 cups nonfat dry milk powder
½ cup powdered nondairy creamer
¼ cup unsweetened cocoa powder
⅓ cup sifted powdered sugar
¾ teaspoon ground cinnamon
½ teaspoon ground nutmeg
Boiling water
Instant coffee crystals (optional)
Coffee liqueur (optional)
Stick cinnamon (optional)

Combine the milk powder, nondairy creamer, unsweetened cocoa powder, sugar, cinnamon, and nutmeg; mix thoroughly. For each serving, combine *⅓ cup* cocoa mix and *¾ cup* boiling water in a heatproof mug. Stir to dissolve. Stir 1 teaspoon coffee crystals or 1 to 2 tablespoons liqueur into each serving with a cinnamon stick. Makes 2¾ cups mix (eight 6-ounce servings).

APPLE SLUSH

Children especially will like this refresher mixed with a lemon-lime carbonated beverage—

2 20-ounce cans sliced apples
1 6-ounce can frozen apple juice concentrate
1 6-ounce can frozen orange juice concentrate
Apple slice (optional)
Lemon-lime carbonated beverage, carbonated water, apple wine, *or* dry white wine, chilled

In a blender container place one can *undrained* apples and *half* of each juice concentrate. Cover and blend till smooth. Pour mixture into a 1-quart freezer container. Repeat with remaining ingredients. Seal, label, and freeze.

At serving time, let apple mixture stand at room temperature about 30 minutes; transfer to a serving container. Garnish with an apple slice dipped in lemon juice. For each serving, half-fill an 8-ounce glass with slush. Slowly pour in desired mixer; stir to blend. Makes 18 (8-ounce) servings.

continued

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MONTE CRISTO DINNER

- 3 bacon slices
- ¼ cup chopped green pepper
- 2 tablespoons chopped onion
- 1 package (7¼ ozs.) KRAFT Macaroni and Cheese Dinner
- 2 cans (5 ozs. each) SWANSON Chunk White Chicken

In skillet, cook bacon until crisp. Remove bacon; crumble. Discard all but 2 tablespoons drippings. Cook pepper and onion in drippings until tender. Prepare Dinner as directed on package. Add bacon, pepper and onion; heat thoroughly. Gently stir in chicken. 4 to 6 servings.



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Keebler Ready-Crust turns pie-making traditions upside-down!

Cheesecake baked in a Keebler Graham Cracker Ready-Crust tastes so good, you may never make another crust again. Ready-Crust adds a lightly sweet taste to this delicious Baked Cheesecake Pie. One taste--and you'll look at cheesecake a whole new way.

In a mixer bowl beat butter or margarine and shortening with electric mixer for ½ minute. Add sugar; beat till fluffy. Add egg and vanilla; beat well. Stir together flour, baking soda, and dash *salt*. Gradually add flour mixture to butter mixture, beating till well blended. Stir in pecans. Cover and chill dough. Roll out dough, half at a time, on lightly floured surface to ⅛-inch thickness. Cut into ten 3-inch circles, re-rolling dough as necessary. Transfer to cookie sheets. Repeat with remaining dough. Bake in a 375° oven for 8 to 10 minutes. Cool on wire racks. Makes 20.

FUDGE CIRCLES

1½ cups all-purpose flour
½ cup unsweetened cocoa powder
¼ teaspoon baking soda
¼ teaspoon baking powder
½ cup butter *or* margarine, softened
1 cup sugar
1 egg
1 teaspoon vanilla

Stir together flour, cocoa powder, baking soda, and baking powder. In a mixer bowl beat butter or margarine for ½ minute. Add sugar; beat till fluffy. Add egg and vanilla; beat well. Gradually add dry ingredients to beaten mixture, beating till well blended. On a lightly floured surface roll dough to ⅛-inch thickness. Cut dough into 3-inch circles, rerolling dough scraps as necessary. Transfer to cookie sheets. Bake in a 375° oven 8 minutes. Cool on wire racks. Makes 30.

continued

Brunch recipes

SHERBETWICHES

Instead of pressing the sherbet into a can and refreezing, try this method: Spread softened sherbet (about ¼ inch deep) in a shallow foil-lined baking pan; cover and freeze. Use 3-inch cookie cutters to obtain sherbet slices for sandwiching—

2 pints orange, lemon, lime, *or* raspberry sherbet
1 recipe Sugar-Pecan Cookies
1 recipe Fudge Circles

Spoon sherbet into two 16-ounce cans. Cover with foil; freeze. Prepare cookies. To assemble, remove ends of sherbet-filled cans. Press on end, forcing sherbet out and cutting sherbet into 12 slices (about ¼ inch thick). Place each sherbet slice between two cookies. Arrange filled cookies in a shallow pan. Freeze 1 hour. Remove cookies to moisture-vaporproof containers; freeze. Makes about 24 filled cookies.

SUGAR-PECAN COOKIES

¼ cup butter *or* margarine
¼ cup shortening
½ cup sugar
1 egg
¼ teaspoon vanilla
1¼ cups all-purpose flour
¼ teaspoon baking soda
¼ cup finely chopped pecans

Keebler Ready-Crust Baked Cheesecake Pie.

1 Keebler Graham Cracker Ready-Crust pie crust
1 8-ounce package cream cheese, softened
½ cup sugar
1 tablespoon lemon juice
¼ teaspoon vanilla
Dash salt
2 eggs
1 cup sour cream
2 tablespoons sugar
¼ teaspoon vanilla

Preheat oven to 325° F. Combine cream cheese, sugar, lemon juice, vanilla and salt until well blended. Add eggs, one at a time, mixing well after each addition. Place crust on baking sheet; pour in filling. Bake at 325° F for 25-30 minutes, or until knife inserted one inch from the edge comes out clean.

Combine sour cream, sugar and vanilla; carefully spread over pie. Continue baking 10 minutes; cool. Chill until firm. If desired, top with fresh or frozen fruit, thawed and drained. Serves 8.



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America's first name for ham

begins on page 114

Festive breads

STEAMED WHOLE GRAIN BREAD

A melon mold gives this bread an unusual shape. An 8-inch fluted tube pan works equally well—

- ¾ cup boiling water
- 3 tablespoons millet
- 2 beaten eggs
- ½ cup packed brown sugar
- ¼ cup milk
- 2 tablespoons cooking oil
- 1 cup whole wheat flour
- ¾ cup all-purpose flour
- ¼ cup quick-cooking rolled oats
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup sunflower nuts
- Powdered sugar
- Fresh strawberries (optional)
- 1 recipe Strawberry Sauce (see recipe below)

In a bowl combine the boiling water and millet; let stand 5 minutes. Stir in the eggs, sugar, milk, and oil. In a large bowl stir together the flours, oats, baking powder, baking soda, and salt. Add millet mixture to dry ingredients; stir till moistened. Stir in the sunflower nuts. Turn batter into a well-greased 6-cup heatproof mold or an 8-inch fluted tube pan. Cover tightly with foil.

Place mold on a rack set in a large Dutch oven. Pour hot water into Dutch oven to a depth of 1 inch. Bring water to boiling; reduce heat. Cover Dutch oven; simmer 1½ hours or till wooden pick inserted near center of bread comes out clean, adding boiling water to Dutch oven as needed. Remove bread from Dutch oven; let stand 10 minutes. Remove bread from mold. Let stand just till warm. Sift powdered sugar over bread; garnish with fresh strawberries. Serve warm with Strawberry Sauce. Makes 1.

STRAWBERRY SAUCE

Prepare this bread accompaniment just before serving so that the sauce is especially brilliant. If the sauce is chilled, it becomes cloudy—

- 1 pint fresh strawberries
- ½ cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 tablespoon water
- Few drops red food coloring (optional)

Slice enough strawberries to make ¾ cup; set aside. Mash the remaining strawberries. In a saucepan combine the mashed berries and the ½ cup water. Bring to boiling; reduce heat. Cover and simmer for 2 to 3 minutes. Sieve cooked strawberries. Return juices to saucepan; stir in honey. Combine the cornstarch and the 1 tablespoon water; stir into strawberry mixture. Cook and stir till thickened and bubbly; cook and stir 1 minute more. Cool. Stir in the food coloring and the ¾ cup reserved berries. Serve immediately. Makes 1½ cups sauce.

MIXED NUT TEA RING

Choose one, two, or all five of the nuts listed below for the crunchy topping—

2¾ to 3¼ cups all-purpose flour
1 package active dry yeast
⅔ cup milk
⅓ cup butter *or* margarine
3 tablespoons sugar
1 teaspoon ground ginger
½ teaspoon salt
1 egg
¼ cup butter *or* margarine
¼ cup sugar
1 teaspoon finely shredded lemon peel
1 tablespoon lemon juice
1 cup coarsely chopped nuts (choose from: pistachio, macadamia, pecans, walnuts, *and/or* hazelnuts)
1 teaspoon vanilla
1 recipe Fluffy Lemon Butter

In a large mixer bowl combine *1½ cups* of the flour and the yeast. In a saucepan heat the milk, ⅓ cup butter or margarine, the 3 tablespoons sugar, the ginger, and salt just till warm (115° to 120°) and butter is almost melted, stirring constantly. Add to flour mixture; add egg. Beat with an electric mixer on low speed for ½ minute, scraping sides of bowl constantly. Beat at high speed 3 minutes. Using a spoon, stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Shape into a ball. Place in greased bowl; turn once. Cover; let rise in warm place till double (about 1½ hours). Punch dough down. Cover; let rest 10 minutes.

Meanwhile, in a saucepan melt the ¼ cup butter or margarine. Stir in the ¼ cup sugar, the lemon peel, and juice. Bring to boiling, stirring constantly. Remove from heat; stir in the nuts and vanilla; cool. Spoon nut mixture into a greased 6½-cup ring mold; set aside. Turn dough out onto a lightly floured surface. Shape dough into a 21-inch-long rope; place in mold atop nut mixture, gently patting dough to fit into pan. Seal ends of dough. Cover; let rise till almost double (about 1 hour). Bake in a 375° oven for 20 to 25 minutes, covering with foil during the last 5 minutes to prevent overbrowning. Cool 5 minutes on wire rack; remove from pan. Spoon any nuts remaining in pan atop bread. Cool bread thoroughly on wire rack. Split cooled bread in half horizontally. Spread Fluffy Lemon Butter over the bottom portion; top with the remaining bread half. Makes 12 servings.

Fluffy Lemon Butter: In a small saucepan combine 3 tablespoons *sugar*, 2 teaspoons *cornstarch*, 1 teaspoon finely shredded *lemon peel*, and dash *salt*. Add ½ cup *milk*. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Gradually stir *⅓ cup* of the mixture into 1 beaten *egg*; return to saucepan. Cook and stir 2 minutes more. Remove from heat. Stir in 2 teaspoons *lemon juice*. Cover surface with waxed paper; cool completely. Beat ½ cup softened *butter* or *margarine* till smooth. Gradually beat cooled lemon mixture into butter. Chill at least 30 minutes. Makes 1¼ cups filling.

continued

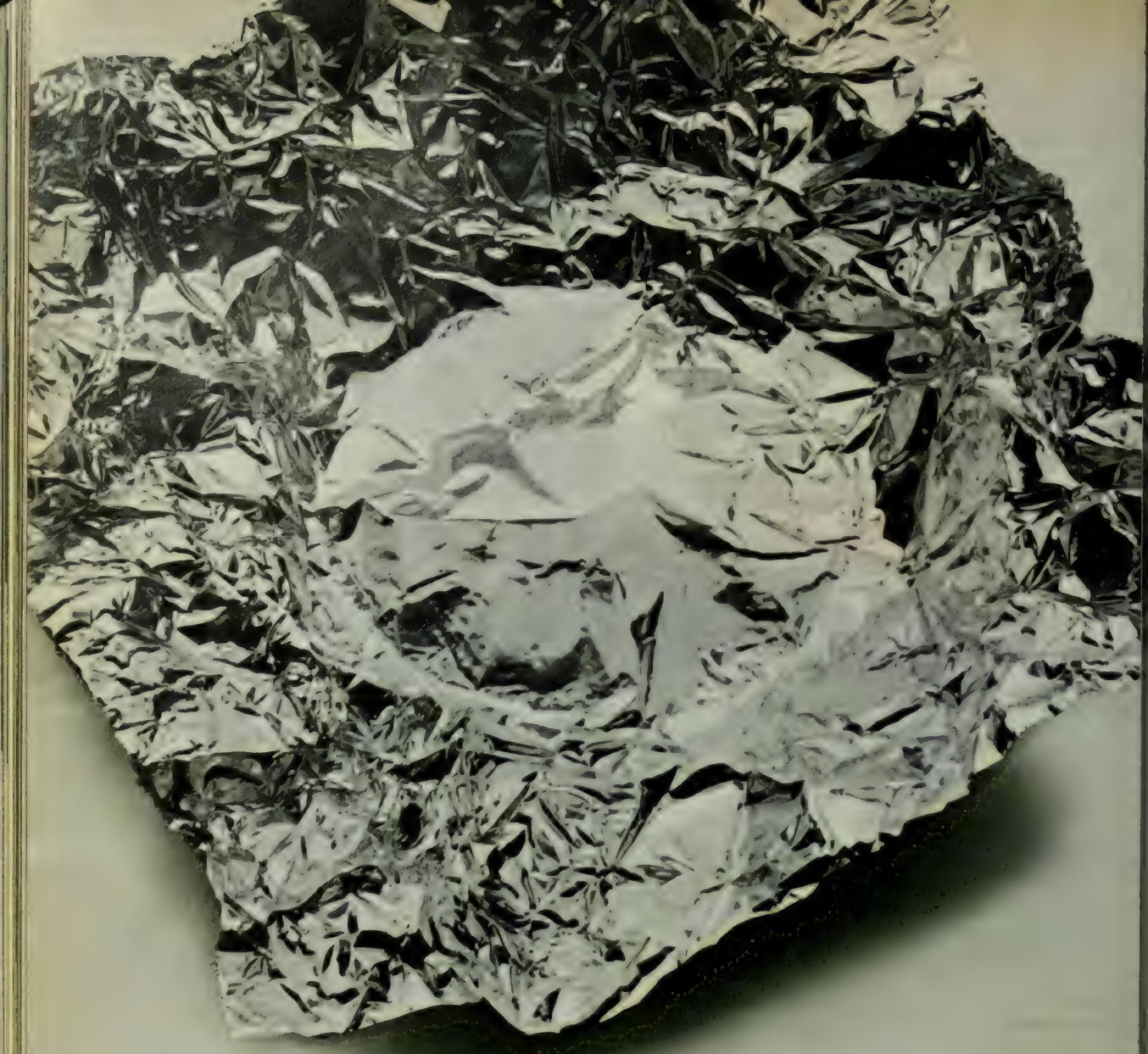


Front to back perfect slices.

Face it, the D-shape is a good shape for ham. Each lean, juicy slice looks the same. Perfect. For sandwiches or buffet, the D-shape is the best shape yet. No matter how you slice it.



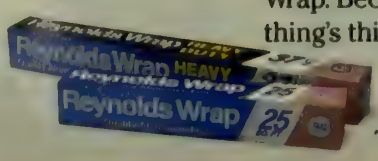
The D-shaped Black Label Hams from Hormel.



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continued

Festive breads

BANANA SPONGE COFFEE CAKE

For a delicate texture and maximum volume, be sure to use an ungreased pan and to cool the coffee cake inverted—

6 egg yolks
½ cup sugar
½ cup mashed banana (1 large banana)
⅓ cup matzo meal
⅓ cup potato starch
6 egg whites
⅓ cup raspberry jam
Sesame seed, toasted (about 1 tablespoon)

In a small mixer bowl beat the egg yolks till light. Set aside *2 tablespoons* sugar. Gradually add the remaining sugar and continue beating the yolks about 5 minutes or till thick and lemon colored. Beat in banana. Stir in the matzo meal and potato starch. Wash beaters thoroughly. In a large mixer bowl beat egg whites with the 2 tablespoons sugar till stiff peaks form (tips stand straight). Fold some of the egg whites into matzo mixture to lighten, then return to the beaten egg whites and fold in. Turn batter into an ungreased 9-inch springform pan. Sprinkle sesame seed around edge of pan. Bake in a 350° oven 40 minutes or till done. Invert in pan on rack to cool. When cool, remove cake from pan. Split cooled cake in half horizontally. Spread jam over bottom portion; top with remaining cake half. Cut into wedges to serve. Makes 1.

DOUBLE-GOOD CRESCENT

1⅓ to 1⅔ cups all-purpose flour
1 package active dry yeast
⅓ cup milk
¼ cup butter *or* margarine
¼ cup packed brown sugar
¼ teaspoon salt
¼ teaspoon ground nutmeg
2 eggs
¾ cup whole wheat flour
1 recipe Rhubarb Filling
1 recipe Coconut Filling
Milk
Coarsely chopped walnuts

In a small mixer bowl combine *1 cup* of the flour and the yeast. In a saucepan heat the milk, butter or margarine,

continued



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continued

Festive breads

brown sugar, salt, and nutmeg just till warm (115° to 120°) and butter is almost melted, stirring constantly. Add to flour mixture; add eggs. Beat with an electric mixer on low speed ½ minute. Beat on high speed 3 minutes. Using a spoon, stir in the whole wheat flour and as much of the remaining all-purpose flour as you can. Turn dough out onto a lightly floured surface; knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Cover; let rise till almost double (about 1 hour). Punch dough down. Cover with clear plastic wrap. Chill 2 to 24 hours.

Punch dough down. Turn out onto a lightly floured surface; halve dough. Roll each half into a 10x7-inch rectangle. Spread the Rhubarb Filling on 1 rectangle; spread the Coconut Filling on the remaining dough rectangle. Roll up each dough portion from long side, jelly-roll style. Pinch ends to seal. (The two rolls should be equal in size and shape.) Shape each roll into a crescent. Intertwine the two rolls by placing the end of one crescent in the curved center of the other dough portion (see photo, page 115). Place, seam side down, on a greased baking sheet. Cover; let rise till almost double (40 minutes). Brush dough with milk. Sprinkle the nuts atop. Bake in a 350° oven about 20 minutes. Cover with foil to prevent overbrowning; bake for 15 to 20 minutes more or till done. Cool on a wire rack. Makes 1.

Rhubarb Filling: In a 9-inch pie plate place ¾ cup finely chopped *fresh* or *frozen rhubarb*. Sprinkle ¼ cup *sugar* over fruit. Bake, covered, in a 325° oven about 20 minutes or till thick. Cool. Drain.

Coconut Filling: In a saucepan melt ¼ cup *peach preserves*. Stir in ⅓ cup *shredded, toasted coconut* and ¼ cup *light raisins*. Cool.

KULICH

To decorate the top of the bread with a candied "flower," first cut pieces of candied pineapple and orange peel to resemble petals. Finish the flower with leaves made from candied green cherries—

½ cup light raisins
½ cup diced mixed candied fruits and peels, chopped
1 tablespoon light rum
¼ teaspoon thread saffron, crushed *or* ⅛ teaspoon ground saffron
2½ to 3 cups all-purpose flour
1 package active dry yeast
⅔ cup milk
¼ cup butter *or* margarine
3 tablespoons sugar
¼ teaspoon salt
1 egg
½ cup chopped almonds
1 recipe Powdered Sugar Icing
Candied pineapple, orange peel, and green cherries (optional)
1 recipe Paskha (see recipe below)

In a bowl combine the raisins, the ½ cup candied fruits and peels, the rum, and saffron; set aside. In a large mixer bowl combine *1 cup* of the flour and the yeast. In a small saucepan heat milk, butter or margarine, sugar, and salt till warm (115° to 120°) and butter is almost melted, stirring constantly. Stir into flour mixture; add egg. Beat with an electric mixer on low speed for ½ minute, scraping sides of bowl. Beat on high speed 3 minutes. Stir in the raisin mixture and almonds. Using a spoon, stir in as much of the remaining flour as you can. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into a ball. Place in a greased bowl; turn once. Cover; let rise till double (about 1½ hours). Punch dough down. Cover; let rest 10 minutes. Shape into a smooth ball. Place in a greased 1½-quart soufflé dish. Cover; let rise till almost double (about 45 minutes). Bake in a 350° oven for 40 to 45 minutes or till done. If necessary, cover with foil the last 10 minutes to prevent overbrowning. Cool 10 minutes; remove from dish. Cool completely on wire rack. Drizzle Powdered Sugar Icing over top of loaf. Garnish with a candied fruit flower. Serve bread with Paskha. Makes 1.

Powdered Sugar Icing: Stir together 1 cup sifted *powdered sugar* and enough *milk* to make of drizzling consistency.

PASKHA

Traditionally, this rich spread is shaped into a tower and decorated with Russian Easter symbols—

1 cup packed dry cottage cheese (8 ounces)
⅓ cup sifted powdered sugar
¼ cup butter *or* margarine, softened
1 egg yolk
¼ teaspoon vanilla
¼ cup whipping cream
¼ cup finely chopped almonds
Fresh mint sprigs (optional)

continued

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continued

Festive breads

Press cottage cheese through a sieve. In a mixer bowl beat the sugar, butter or margarine, egg yolk, and vanilla with electric mixer till smooth. Add the cottage cheese and cream; beat on medium speed 1 minute. Stir in almonds. Press mixture into a cheesecloth-lined 2-cup mold. Cover and chill till firm. Unmold onto plate. Remove cheesecloth. Score mold into sections. Garnish with fresh mint. Makes 1¾ cups.

SPROUTED HERB LOAVES

2 cups all-purpose flour
1 package active dry yeast
¾ cup milk
2 tablespoons shortening
1 tablespoon honey
½ teaspoon salt
1 egg
1 cup snipped alfalfa sprouts
½ cup toasted wheat germ
½ teaspoon dried basil, crushed
Whipped cream cheese (optional)

In a large mixer bowl combine *1 cup* of the flour and the yeast. In a small saucepan combine the milk, shortening, honey, and salt. Stir over low heat just till warm (115° to 120°). Add the milk mixture to flour mixture. Add the egg. Beat with an electric mixer on low speed for ½ minute, scraping sides of bowl constantly. Beat on high speed for 3 minutes. Add the remaining flour, sprouts, wheat germ, and basil. By hand with a wooden spoon, beat 1 minute or till smooth. Cover; let rise till double (about 1 hour).

Beat down with wooden spoon. Cover; let rest 10 minutes. Spoon batter into four greased 4½x2½x1½-inch loaf pans or one greased 8x4x2-inch loaf pan. Cover; let rise till almost double (about 20 minutes). Bake in a 375° oven till done; allow about 20 minutes for the small loaves and 40 minutes for the large loaf (cover with foil the last 20 minutes to prevent overbrowning). Remove bread from pan(s). Cool on wire rack. Serve with cream cheese. Makes 4 small loaves or 1 large loaf.

SPUN CARAMEL FRUIT GEMS

Work quickly while drizzling the filigree over the muffins. If the sugar syrup hardens, reheat it to remelt the sugar—

½ cup boiling water
¼ cup finely snipped dried apricots
1 cup all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
¼ teaspoon ground cinnamon
⅓ cup butter *or* margarine
½ cup sugar
2 eggs
2 tablespoons milk
¼ cup finely snipped pitted dates
½ cup sugar
¼ teaspoon hot water

Pour boiling water over apricots; set aside. In a bowl stir together the flour, baking powder, salt, and cinnamon. In a

continued

Festive breads

In a large mixer bowl combine the flour, yeast, and ½ teaspoon *salt*. In a saucepan heat milk and sugar just till warm (115° to 120°). Add to flour mixture; add egg. Beat with electric mixer on low speed for ½ minute. Beat on high speed for 3 minutes. Cover; let rise in warm place till double (about 40 minutes). Stir batter down. Lightly grease four 3-inch metal rings. Place rings on a hot, lightly greased griddle or in a heavy skillet. Spoon *1 tablespoon* batter into each, spreading to cover bottom. Top with a cheese square. Spoon *1 tablespoon* batter atop cheese. Cook, uncovered, over medium-low heat for 3 to 4 minutes or till brown. Remove rings; turn crumpets. Cook 3 to 4 minutes more. Arrange crumpets on a baking sheet and place in a warm oven. Repeat with remaining batter. Serve crumpets warm with chutney. Makes 10.

LAMBROPSOMO BUN

2½ to 3 cups all-purpose flour
1 package active dry yeast
⅓ cup milk
⅓ cup water
¼ cup sugar
2 tablespoons butter *or* margarine
1 teaspoon finely shredded orange peel
1 teaspoon aniseed, crushed
½ teaspoon salt
1 egg
1 slightly beaten egg white
8 small eggs, hard-cooked and dyed in pastel colors

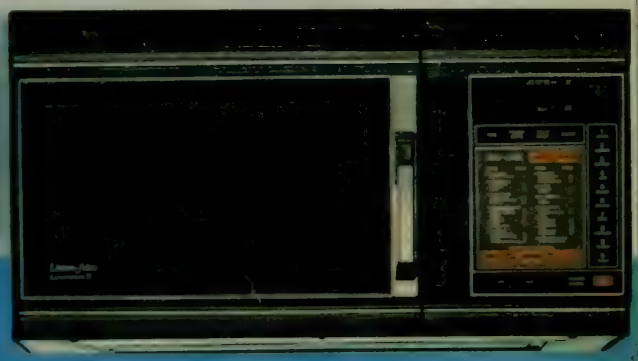
In a small mixer bowl combine *1 cup* of the flour and the yeast. In a small saucepan heat the milk, water, sugar, butter or margarine, orange peel, aniseed, and salt just till warm (115° to 120°) and butter is almost melted, stirring constantly. Add to flour mixture; add the 1 egg. Beat with an electric mixer on low speed for ½ minute, scraping bowl. Beat on high speed for 3 minutes. Using a spoon, stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into a ball. Place in lightly greased bowl; turn once. Cover; let rise in warm place till almost double (about 1 hour). Punch down. Divide dough in half. Cover; let rest 10 minutes. Divide each dough portion into fourths. Shape each piece of dough into a braided ring or a twist roll to make eight rolls total. For a braided ring, divide one piece of dough into thirds. Roll each third into a 12-inch rope; braid and seal ends. Shape into a ring. Pull center of ring to form a hole. Place crumpled foil, the size of an egg, in hole.

For twist rolls, roll each piece of dough into a 12-inch rope. Tie the rope into a loose knot and twist ends together to seal. Pull center of ring to make a hole. Place crumpled foil, the size of an egg, in hole.

Place dough on greased baking sheets. Cover; let rise in warm place till nearly double (35 to 45 minutes). Brush dough with egg white. Bake in a 375° oven 15 minutes or till done. Cool on wire racks. Remove foil. To serve, set a hard-cooked dyed egg in the center of each roll. Makes 8.

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FOOD

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POTATO IDEAS

FANCY DESSERT PASTRIES

Is your favorite contribution to a potluck dinner a mouth-watering potato side dish? Are tender, flaky pastries your dessert forté? Send us your original recipes—you could be a winner. Two Cooks of the Month receive $50 each, four Runners-Up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next November. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Potato Ideas: Submit your inventive potato side-dish recipe that features fresh, canned, frozen, or instant potatoes. Your recipe might be a crowd-pleasing potato casserole or a single-serving stuffed spud or sweet potato. **Hints: herbed potato soufflé, broiled Camembert potato skins, creamed vegetable and spud bake, sweet potato and pineapple scallop.**

Fancy Dessert Pastries: An original recipe for a festive tart, turnover, cream puff, or puff pastry could receive the top prize. For impromptu entertaining do you embellish a convenient purchased frozen pastry with a super-quick fruit topper or creamy filling? **Tips: royal pecan puffs, buttery orange-raisin tart, caramel spiced-apple dumplings, phyllo fruit flambé.**

THIS MONTH'S WINNERS

(See recipes on pages 139 and 140.)

Cooks of the Month: Carol E. Hedrick, Ithaca, N.Y.; JoLoyce Kaia, Hana, Hawaii.

Runners-Up: Julie Austin, Madison, Wis.; Carl R. Carlson, Lakewood, N.Y.; Shirley C. Marbach, Lancaster, Calif.; Lois Sorenson, Bonney Lake, Wash.

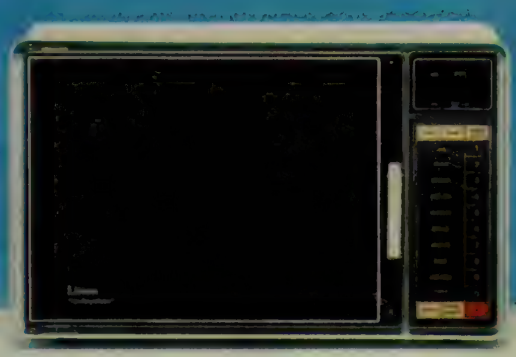
Honor Roll: Debora Downard, Eureka, Kans.; Janice Elder, Spartanburg, S.C.; Michelle Gach, Sparks, Nev.; Stacy Mishkin, Brooklyn, N.Y.; Pat Nelson, Moncks Corner, S.C.; Marianne Neuman, East Troy, Wis.; Noreen O'Reilly, New York, N.Y.; Arlene M. Pfeiffer, Highland, Ill.; Jo Ann Spies, Fort Cobb, Okla.; Mrs. Christine White, Madiera Beach, Fla.

CONTEST RULES

1. Clearly write your name, address, and recipe marked "April Potato Ideas" or "April Fancy Dessert Pastries."
2. Specify brand names of food products you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish.
5. Entries must be postmarked by midnight, April 30. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address the recipes you enter to 8404 Food Department, Better Homes and Gardens, Des Moines, IA 50336.

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New Peanut Butter Crispy Treats

1 cup KARO® light or dark corn syrup
1 cup sugar
1 cup Skippy® creamy or super chunk peanut butter
6 cups Rice Krispies® cereal

Grease 13" x 9" x 2" baking pan. In large saucepan over low heat stir together first three ingredients. Stirring constantly, bring to boil and boil 3 min. Remove from heat. Add cereal; toss to coat well. Press into pan. Cool. Cut into 2" x 2" squares. Makes 32.



Karo. The simple way to simply delicious snacks.



File under Sauces & Relishes

Photographs: Scott Little

Sauces and Relishes

Seaside Sauce

Serve this blue-ribbon topper over fish or vegetables. If watercress is unavailable, use 3 tablespoons each of spinach and parsley—

- **2 tablespoons finely snipped parsley**
- **2 tablespoons finely chopped watercress**
- **2 tablespoons finely chopped fresh spinach**
- **1 cup mayonnaise *or* salad dressing**
- **1 4½-ounce can small shrimp, rinsed and drained**
- **1 teaspoon capers**
- **1 teaspoon finely chopped sweet pickle**
- **2 to 3 tablespoons milk (optional)**

In a small saucepan cook parsley, watercress, and spinach, covered, in a small amount of boiling water for 2 minutes. Drain well. In a small bowl combine cooked vegetables and the mayonnaise. Stir in the shrimp, capers, and pickle. Cover and chill. Spoon atop cooked fish or steamed vegetables. For a thinner consistency, stir in milk just before serving. Makes 1⅓ cups sauce.

Carol E. Hedrick, Ithaca, N.Y.



File under Poultry

Buying Information, page 167.

Poultry Casseroles

Chicken and Wheat Berry Bake

Wheat berries are unground kernels of wheat. You'll find them in large supermarkets or health food shops—

- **½ cup chopped onion (1 medium)**
- **2 tablespoons cooking oil**
- **½ cup wheat berries**
- **2 to 3 teaspoons curry powder**
- **3 cups chicken broth**
- **1 cup brown rice**
- **1 16-ounce package frozen mixed vegetables**
- **2 cups cubed cooked chicken**

In a large saucepan cook onion in hot oil till tender but not brown. Add wheat berries and curry powder; cook 1 minute more. Add chicken broth. Bring to boiling; reduce heat. Cook, covered, for 15 minutes. Add the rice. Cook, covered, for 35 minutes more. Stir in vegetables and chicken. Turn into a 2-quart casserole. Bake, covered, in a 350° oven for 30 to 35 minutes. Bake, uncovered, for 5 minutes more. Makes 6 servings.

JoLoyce Kaia, Hana, Hawaii





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Hot and Spicy Chicken Pie

- **3 chicken breasts, skinned, boned, and cut into bite-size pieces**
- **½ of a 10-ounce package frozen whole kernel corn**
- **½ cup chicken broth**
- **½ cup sliced celery**
- **1 medium onion, cut into thin wedges**
- **½ cup salsa picante**
- **4 teaspoons cornstarch**
- **1 8½-ounce package corn bread mix**
- **1½ cups shredded cheddar cheese**
- **2 4-ounce cans diced green chili peppers, drained**

Combine chicken, corn, broth, celery, and onion. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 15 minutes. Add salsa. Stir 2 tablespoons *water* into cornstarch. Add to chicken mixture. Cook and stir till bubbly. Cook 2 minutes more. Prepare corn bread according to package directions. Pour chicken mixture into 10x6x2-inch baking dish. Sprinkle with cheese and chilies. Spoon corn bread atop. Bake in 425° oven 20 minutes. Serves 4 to 6.

Shirley C. Marbach, Lancaster, Calif.



Orange Chicken Delight

Fines herbes, a blend of parsley, tarragon, basil, thyme, and chives, is available in the seasoning section of grocery stores—

- **4 cups wide egg noodles**
- **1½ cups chicken broth**
- **½ cup frozen orange juice concentrate, thawed**
- **2 tablespoons cornstarch**
- **½ teaspoon fines herbes**
- **2 cups diced cooked chicken**
- **½ cup sliced almonds, toasted**

Cook noodles in a large amount of boiling salted water till tender; drain and set aside. In a large saucepan combine chicken broth, orange juice concentrate, cornstarch, and fines herbes. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Stir in noodles and chicken. Turn into a 2-quart casserole. Bake, uncovered, in a 350° oven for 15 to 20 minutes or till heated through. Sprinkle with almonds. Makes 6 servings.

Lois Sorenson, Bonney Lake, Wash.



Carrot Relish

This relish is reminiscent of corn relish. Use it to dress up a condiment tray—

- **1 pound carrots, diced (about 2¾ cups)**
- **¼ cup chopped green pepper**
- **1 2-ounce jar pimiento, drained and chopped**
- **¼ cup vinegar**
- **3 tablespoons honey**
- **2 tablespoons finely chopped onion**
- **¼ cup sugar**
- **1 tablespoon all-purpose flour**
- **¼ teaspoon dry mustard**
- **¼ teaspoon celery salt**
- **¼ teaspoon salt**

In a medium saucepan cook carrots, covered, in a small amount of boiling water for 10 minutes or till crisp-tender. Drain. Return carrots to saucepan. Add green pepper, pimiento, vinegar, honey, and onion. Combine sugar, flour, dry mustard, celery salt, and salt; stir into vegetable mixture. Cook and stir over medium heat till bubbly. Cook and stir 3 minutes more. Remove from heat. Serve warm or chilled. Makes 2½ cups.

Julie Austin, Madison, Wis.



Elegant Raspberry Sauce

The sweet-sour flavor of this special-occasion fruit sauce complements roast pork, ham, or poultry—

- **1 10-ounce package frozen red raspberries, thawed**
- **2 tablespoons dry white wine**
- **1 tablespoon orange liqueur**
- **2 teaspoons cornstarch**
- **1 tablespoon butter *or* margarine**

Place raspberries in blender container or food processor bowl. Cover and blend till smooth. In a 1-quart saucepan combine wine, orange liqueur, and cornstarch. Stir in raspberries and butter or margarine. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Sieve. Serve sauce warm with pork, ham, or poultry. Makes 1¼ cups sauce.

Carl R. Carlson, Lakewood, N.Y.

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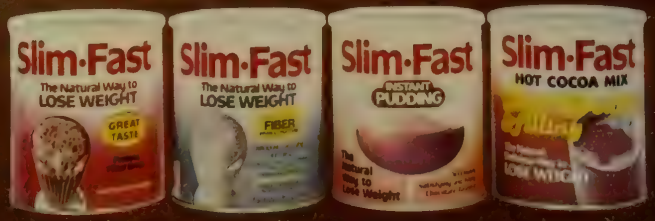
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continued

Appetizers

Combine the cream cheese, mayonnaise, lemon juice, Worcestershire sauce, and garlic powder. Beat with an electric mixer till smooth. Stir in celery and chives. To serve, spread cheese mixture into a 9-inch circle on a platter. Combine the chili sauce and relish; spread atop cheese. Arrange shrimp and crab on cheese; sprinkle parsley over all. Serve with crackers. Makes 18 to 20 appetizer servings.



PUFF PHYLLO SPINACH SQUARES

Convenient frozen spinach soufflé is a shortcut to the delicious filling of this hot appetizer—

12 sheets frozen phyllo dough (18x14-inch rectangles), thawed
½ cup butter *or* margarine, melted

• • •

2 12-ounce packages frozen spinach soufflé, thawed
1 8-ounce can water chestnuts, drained and finely chopped

Arrange *6 sheets* of the phyllo dough in the bottom of a 15x10x1-inch baking pan, brushing butter or margarine between each sheet. (Allow edges of dough to overlap sides of pan.) Spread soufflé evenly over dough. Sprinkle with water chestnuts. Top with remaining phyllo, brushing butter between each sheet. Fold edges of phyllo toward center; brush with remaining butter. Score top layers of phyllo into 48 squares or diamonds. Bake in a 400° oven 30 minutes or till golden brown. Cool slightly. Cut through all layers. Serve warm or cool. Makes 48 appetizers.

Photographs: Scott Little

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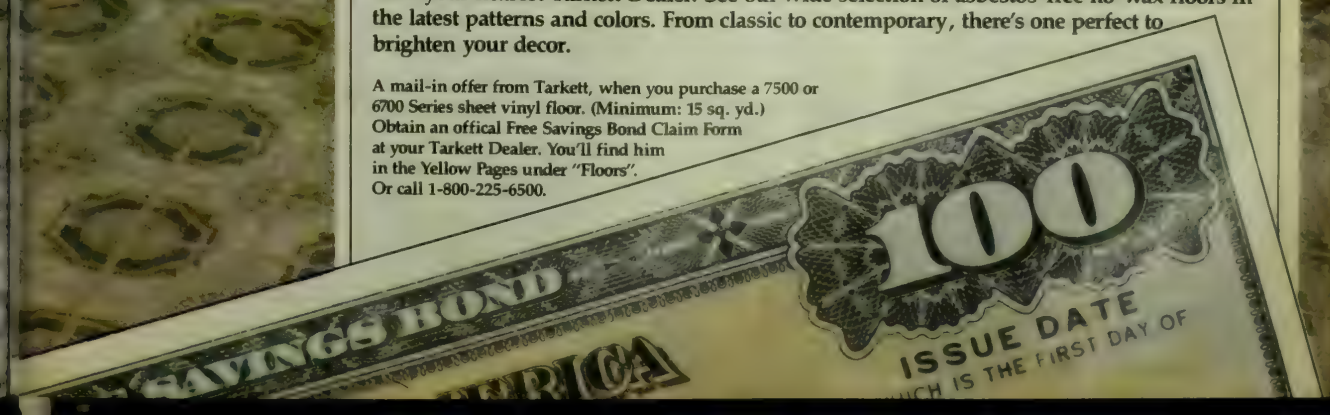
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begins on page 104

Petite treasures

EMBROIDERED DOLL QUILT, page 105

To order pattern or kit for embroidered doll quilt, see page 185. To order bisque baby doll kit, see page 185.

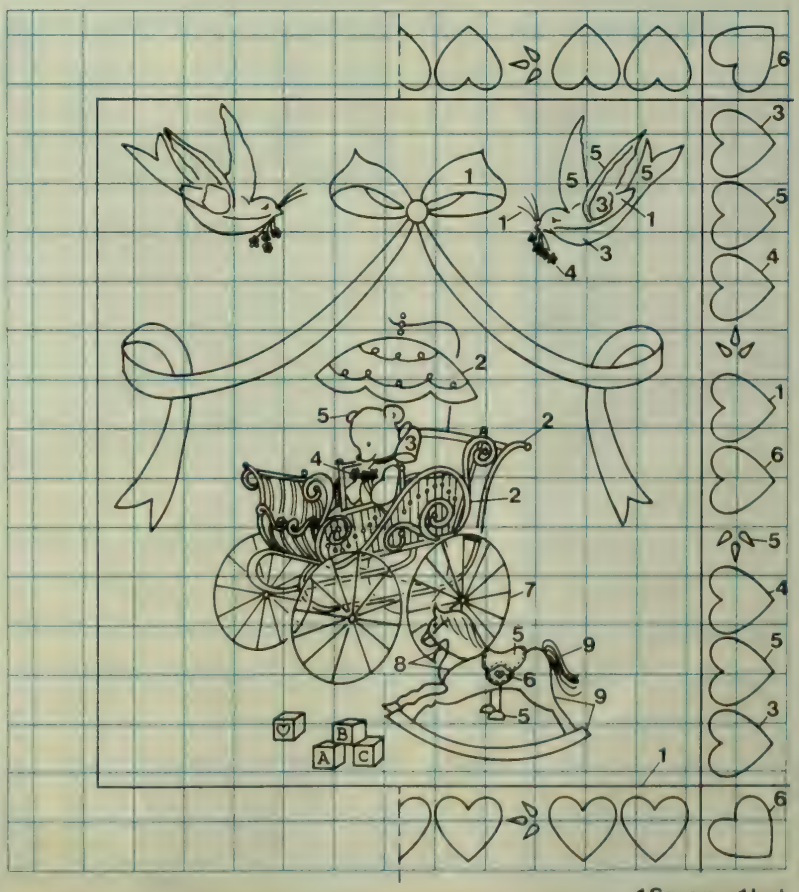
Quilt size is 16x18 in. without ruffle.
Materials: ¾ yd. medium-weight white fabric; ¾ yd. print fabric for backing and ruffle; 1 skein *each* embroidery floss in the following colors: peach, yellow, lavender, light blue, pink, gray, brown, and gold metallic; 2 skeins light green embroidery floss; 2 yds. 1-in.-wide white eyelet lace; quilt batting.
Instructions: Preshrink fabrics before using by washing and drying. Enlarge pattern *(below)* onto paper; transfer design to white fabric.

Using 3 strands of floss and embroidery hoop, fill in ribbon, birds, and bear with satin stitches. Work small circles on carriage in French knots; work remaining areas in stem or outline stitch. Refer to key for color suggestions.

When embroidery is completed, trim fabric to 18x20 in. Lightly press fabric on wrong side. Cut matching size pieces of backing fabric and batting and baste three layers together, placing batting between top and backing. Quilt around birds, bow, carriage, horse, and all hearts using short, even running stitches. Remove basting stitches. Edge with eyelet and fabric ruffle using scraps of backing fabric.

FLORAL HEADPIECE, page 104
Materials: Florist's wire; white florist's tape; 8 yds. 6-in.-wide white tulle; 5 yds. 1-in.-wide peach satin ribbon; 2 yds. ¼-in.-wide peach satin ribbon; silk flowers to match nosegay.
Instructions: Use 20-gauge florist's wire to shape an oval ring; reinforce with 28-gauge wire and wrap entire

continued



1 Square = 1 Inch

COLOR KEY:

1 Light green	4 Lavender	7 Gray
2 Peach	5 Light blue	8 Gold metallic
3 Yellow	6 Pink	9 Brown

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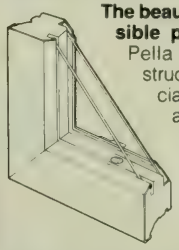
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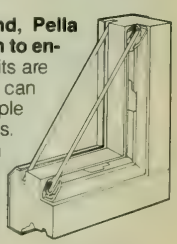


Make an entrance, make more storage space, and make some energy savings as well. This new Pella Sunroom Entry can do it all because it combines solid wood construction, insulating glass, and convenience features like a Pella Wood•Folding Door that neatly hides storage without wasting space.

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continued

Petite treasures

ring with white florist's tape.

Beginning at center front, wire lilies-of-the-valley to ring, gradually adding more stems as you work toward the back of the ring; space flowers evenly along wire. Cover front half of ring.

Add clusters of small flowers to ring, then add larger flowers. Cut 6-in. squares of tulle; fold squares in half lengthwise and widthwise, and gather ends. Wire tulle puffs to ring. Leave a 4-in. space in back of ring for bow.

Bow: Cut four 1-yd. lengths of 1-in.-wide satin ribbon and two 1-yd. lengths of ¼-in.-wide satin ribbon. Cut four 1-yd. lengths of tulle. Lay streamers parallel and wire to center back of ring.

Cut remaining ribbon into 4 equal pieces. Cut six 12-in. lengths of tulle. Fold tulle in half lengthwise and wire to back of headpiece for bow effect. Add ribbon loops (2 on each side) and conceal wrappings with remaining flowers.

FLORAL NOSEGAY, page 104

Materials: 10-in.-diameter nosegay form with lace ruffle; 1¼ yds. 1½-in.-wide white grosgrain ribbon; 1¼ yds. 1¾-in.-wide white gathered lace; 1¼ yds. 1¼-in.-wide peach lace; 1¼ yds. flat white lace; small white pearl beads; 12 yds. 4-in.-wide white tulle; white crafts feathers; crafts picks; 6 yds. ¼-in.-wide peach satin ribbon; 6 yds. 1-in.-wide peach satin ribbon; white florist's tape; florist's wire; beading wire; various silk flowers (including lilies-of-the-valley, freesia, and forget-me-nots).

Instructions: Separate nosegay form into funnel-shaped outer ring and handle with plastic foam center.

Lace ruffle: Stitch white gathered lace to long edge of grosgrain ribbon. Center peach lace along ribbon to conceal gathered lace stitching; sew in place. Fold raw edges of lace and ribbon under 1 in. on each end. Gather remaining edge of ribbon to fit ring.

Position gathered lace ruffle on top of lace on outer ring. Stitch in place to existing lace, overlapping ends slightly. Set outer ring aside.

For handle, pleat white flat lace to fit around plastic foam center. Pin lace evenly around. Reassemble nosegay form, placing overlapped edges of lace

Come to Canada.



continued

toward lower edge of form.

Tulle puffs: Cut four 1-yd. lengths of tulle for streamers; set aside. Cut remaining tulle into 4-in. squares.

For each puff, fold 3 tulle squares in half lengthwise and widthwise. Lay folded tulle squares on top of each other and gather cut edges to form puffed shape. Overlap gathered edges of tulle along top edge of crafts pick; wrap with wire on crafts pick. Wrap wired edges of tulle and crafts pick with white florist's tape. Continue making puffs until tulle is used; set aside.

Pearl loops (make 10): For each set of loops, cut three 6-in. lengths of beading wire. Thread pearls onto wires and twist ends together to form teardrop shape. Join loops of pearls (largest in center) and wire to crafts pick. Wrap with florist's tape and set aside.

Feathers (make 3 or 4): Wire 3 feathers to crafts pick; wrap with florist's tape and set aside.

Flowers: Cut blossoms from stems to make small groups of flowers; wire blossoms to crafts picks. Wire larger blossoms and several leaves to a single pick. Wrap with florist's tape; set aside.

Bow and streamers: Cut four 1-yd. lengths of 1-in.-wide ribbon; cut two 1-yd. lengths of ¼-in.-wide ribbon. Cut remaining ribbon into 8-in. lengths. Fold ribbon in half to form loop with satin side out. Wire bundle of ribbon to crafts pick; wire ribbon and tulle streamers to same pick. Wrap pick with florist's tape and set aside.

Assembly: Insert large flowers in center of plastic foam. Add small flowers and buds; insert pearl loops around flowers. Fill in with tulle puffs and feathers. Insert bow and streamers in plastic foam and trim ends.

NEEDLEPOINT FOOTSTOOL, page 105

To order round wooden footstool, needlepoint chart, or kit, see page 185.

Materials: 3-ply Persian wool yarn as follows: 15 yds. off-white, 15 yds. brown, 30 yds. light green, 25 yds. dark green, 35 yds. light rose, 35 yds. medium rose, and 270 yds. dark rose (background); ½ yd. 12-count canvas; tapestry needle; needlepoint frame; masking tape; water-erasable marking pen.

continued on page 156

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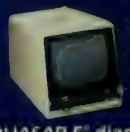


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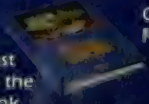




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continued

Petite treasures

NEEDLEPOINT PICTURE, page 105

To order kit for needlepoint picture, see page 185.

CROCHETED BOX TOP, page 106

To order round wooden box with recessed lid, see page 185.

Materials: White J&P Coats Big Ball mercerized crochet cotton, size 30; buttonhole twist thread, sewing thread, embroidery floss, and pearl cotton in various colors; sizes 12 and 14 steel crochet hooks; black taffeta fabric; clear-drying fabric glue; various beads, including rhinestones and pearls; wooden box with recessed top; quilt batting; 18 in. gold braid.

Instructions: *Basket: Row 1:* With size 30 thread and size 12 hook, ch 4; 9 dc in 4th ch from hook; ch 3, turn.

Row 2: Dc in first dc, (dc in next dc, 2 dc in next dc) 4 times; ch 3, turn (do not dc in turning ch).

Row 3: Dc in first dc and in next 2 dc, (2 dc in next dc, dc in next dc) 4 times; dc in each of next 2 dc, 2 dc in top of turning ch; ch 4, turn.

Row 4: Dc in first dc, * ch 1, dc in next dc. Rep from * across, ending row with ch 1, dc in top of turning ch; ch 5, turn.

Row 5: Trc in first dc, * ch 1, trc in next dc. Rep from * across, ending with ch 1, trc in 3rd ch of turning ch-4; ch 6, turn.

Row 6: Trc in first trc, * ch 2, trc in next trc. Rep from * across, ending with ch 2, trc in 4th ch of turning ch-5; ch 4, turn. *Row 7:* * 2 trc in ch-2 sp, trc in trc. Rep from * across, ending with 2 trc in ch-6 turning sp. Fasten off.

Handle: Row 1: Ch 35. Sc in top lp of 2nd ch and in each ch across; ch 1, turn. *Row 2:* Sc in back lp of each sc across. Fasten off.

Stems: Mix 2 tablespoons white glue with 2 teaspoons water. Dip pieces of green embroidery floss into mixture; remove excess. Let dry and set aside.

Leaves: Make a variety of leaves from embroidery floss and pearl cotton. *Leaf A:* Ch 3, in 3rd ch from hook work (dc, ch 2, dc, ch 2, sl st) in same ch. Fasten off. *Leaf B:* Ch 3, in 3rd ch from hook work dc and trc. Fasten off.

Flowers: Make a variety of flowers in various threads with size 14 hook.

Bell-shaped flower: Ch 3, in 3rd ch from hook work (2 dc, ch 2), (in same ch work 2 dc, ch 2) 2 times; join to top of first dc. Fasten off.

Cup-shaped flower: Ch 2, in 2nd ch from hook work * *sc, ch 1, dc, ch 1, sc*—petal made. Rep from * twice more, working in the same ch; join with sl st to first sc at beg of rnd. Fasten off. (*Note:* Work additional reps to make slightly larger flower.)

Daisy: Ch 3, dc in 3rd ch from hook, ch 2, sl st in same ch, * ch 2, dc in same ch, ch 2, sl st in same ch. Rep from * 3 times more. Fasten off.

Rose: Ch 24, in 3rd ch from hook work (3 dc, ch 2, sl st in same ch), (sk next ch, sl st in next 2 ch, ch 2, 4 dc in same st as last sl st, ch 2, sl st in same ch) 3 times; (sk next ch, sl st in next 2 ch, ch 2, 5 dc in same st as last sl st, ch 2, sl st in same ch) twice; (sk next ch, sl st in next 2 ch, ch 2, 6 dc in same st as last sl st, ch 2, sl st in same ch) twice. Fasten off.

Rosebud: Ch 3, in 3rd ch from hook work (8 dc, ch 2, sl st in same ch). Fasten off.

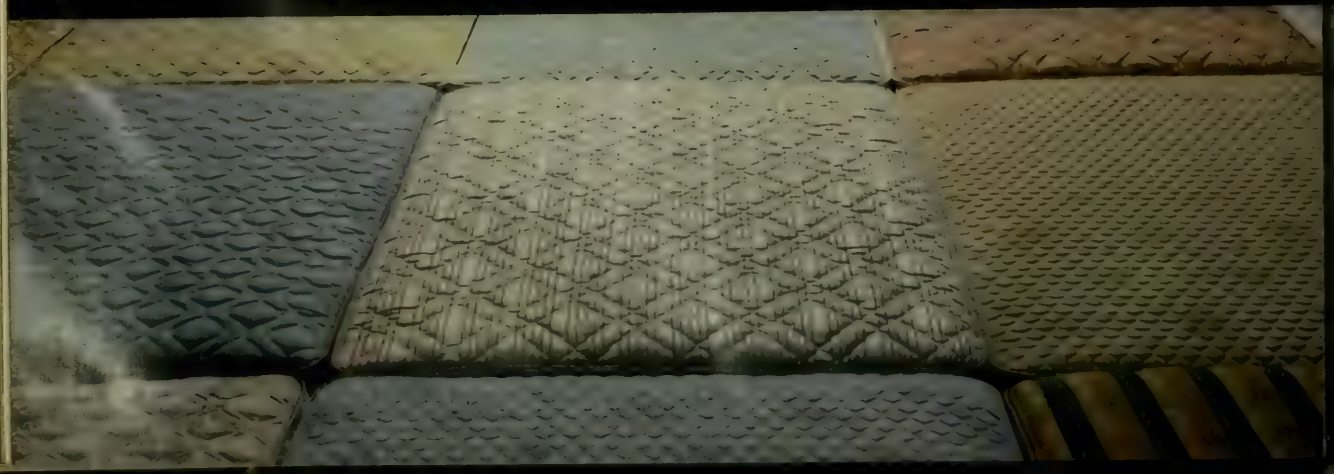
Dip flowers and leaves in diluted glue mixture. Shape petals and let dry on waxed paper.

Assembly: Mount taffeta in embroidery hoop. Center basket on fabric and tack in place with sewing thread. Loop handle and tack to center top of basket.

Arrange flowers and leaves in top of basket. Use stiffened embroidery floss (single, double, or triple plies) for stems. Glue and tack flowers in place as de-

Du Pont TEFLON® soil & stain mattress protector on some models. Copyright © 1984 Simmons U.S.A.

CAN YOU FIND THE BEAUTYREST® IN THIS PICTURE?



sired. Glue beads to flower centers.

Glue bow to basket handle and add rhinestones as desired.

Cut cardboard circle the same size as recessed lid. Line with quilt batting and smooth taffeta over batting; trim edges. Secure taffeta to wrong side of cardboard and glue cardboard to lid. Trim with gold braid.

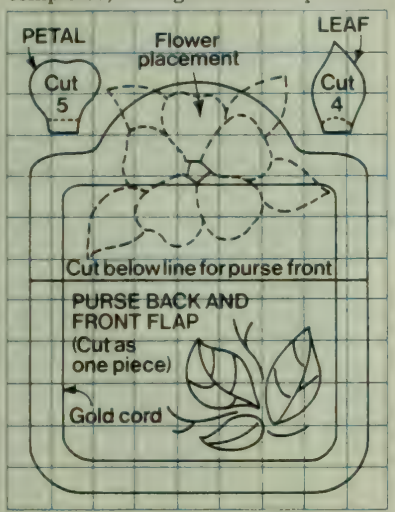
BEADED PURSE, page 106

Materials: ⅓ yd. fabric for purse (raw silk suiting, velvet, or taffeta); ¼ yd. *each* lining fabric, suit weight interfacing, and fleece; 2½ yds. gold cording; 1 set large covered snaps; 2-in.-diameter circle medium-weight interfacing; beading needle; thread; beeswax; dark rose, pink, dark green, medium green, white, and gold beads.

General beading instructions: Wax thread with beeswax and place fabric in embroidery hoop. String 3 beads onto beading needle, pushing them as close to the fabric as possible. Pass needle through fabric so stitch is as close to last bead as possible. Backstitch through last bead. Add 3 more beads and repeat until design is complete.

Instructions: Enlarge pattern *(right);* cut front and back/flap pieces from purse fabric, interfacing, and fleece; cut front, back/flap, petals, and leaves from lining fabric. (Petals and leaves are stitched and beaded before purse is assembled.) Machine-stitch double thickness of leaf and petal pieces ⅛ in. from edge, leaving bottom open on each set. Trim fabric; turn right side out.

Petals: Sew dark rose and pink beads in place, referring to photograph, *page 106.* Leave area below dotted line on pattern free of beads. When petals are completed, arrange and stitch petals to



1 Square = 1 Inch

2-in. circle of interfacing, referring to placement guide on pattern. Stitch several white beads to center of flower to cover raw edges of petals. Add gold beads for sparkle.

Leaves: Sew double row of dark green beads to form veins and outline of leaves. Fill in with medium green beads, leaving area below dotted line free. Set aside leaves and petals.

Purse back: Transfer leaf shapes to lower right corner of purse back and bead leaves as instructed above. Stitch gold beads in place to form tendrils.

With right sides facing, layer purse back, lining, interfacing, and fleece together and baste. Machine-stitch all layers, leaving a 4-in. opening. Trim excess fabric and clip curves; turn right side out, stitch opening closed, and press lightly. Assemble purse front following instructions for purse back.

Couch gold cording as shown on pattern pieces. Stitch front to back; couch gold cording along connecting edge to conceal stitches. Center leaves and stitch in place to front flap; stitch flower petals in place over leaves.

APPLIQUÉD ALBUM COVER, page 107

Materials: Purchased photo album; ½ yd. *each* muslin and calico fabric (for

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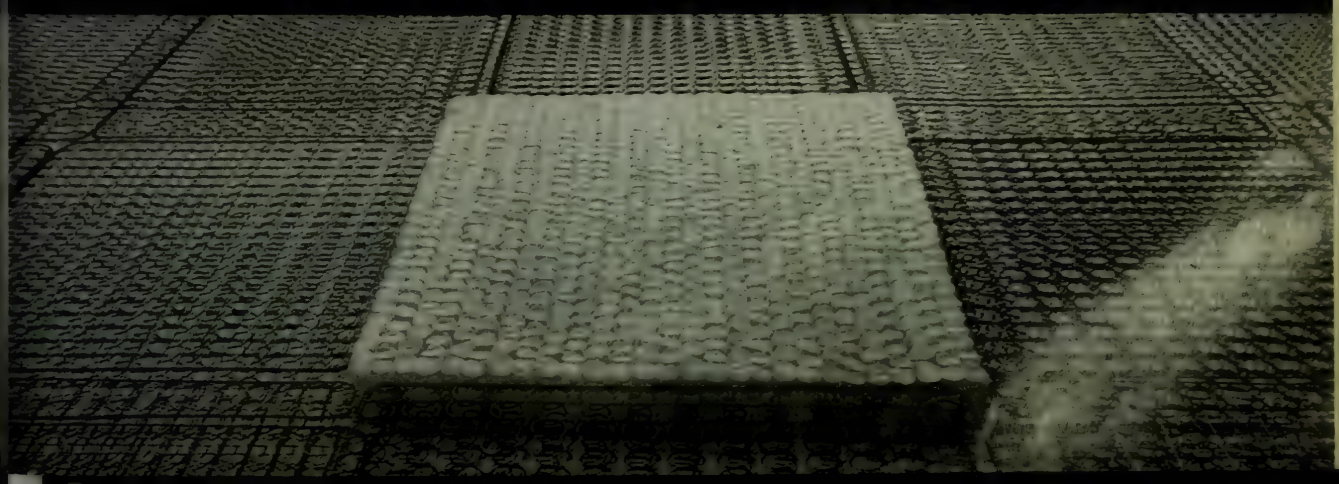




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continued

Petite treasures

lining); scraps of print and solid fabrics for appliqués; quilt batting; pencil; spray adhesive; fabric glue.

Instructions: Enlarge pattern *(right)* to desired size (depending on size of photograph album used). Transfer pattern pieces to assorted fabrics. Cut pattern pieces from fabric, adding ¼-in. seam allowance to each piece; turn and baste seam allowances.

Using hard lead pencil, lightly draw outline of open album cover on muslin, adding 1 in. all around; cut out. Position appliqué pieces on right side of muslin, referring to pattern for placement; appliqué pieces in place.



Pad front of album cover with quilt batting. Spray back of muslin with adhesive. Carefully wrap cover around album, gluing raw edges in place; clip and trim fabric as necessary. Allow glue to dry and cut 2 pieces of calico fabric to line inside front and back album covers. Turn raw edges under and press. Glue or stitch fabric to inside covers; let dry before closing album.

MACRAME WATCHBANDS, page 107

Finished size is ½x6¾ in. (without buckle).

Materials: ⅜-in.-wide buckle (center shaft is ¼-in. wide); nylon hand-sew upholstery thread in desired colors; small beads.

Instructions: Refer to macrame books

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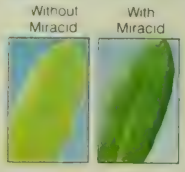
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continued

Petite treasures

for basic knotting information. A length of knotting tied over a single group of cords is a *sinnet.* The cord over which double half-hitch knots are tied is a *core cord.* Knots used in projects include lark's head mounting knot, square knot, double half-hitch bars, alternating half-hitch chain, and alternating square knot sinnets.

Lavender watchband: Use gray, light lavender, and medium lavender nylon upholstery thread (referred to in pattern as cord) and 6 lavender ceramic oval beads.

Cut 65-in. lengths of cord in the following amounts and colors: 3 gray, 1 light lavender, and 1 medium lavender. Gather all cords and mount onto shank of buckle with one lark's head knot. Arrange resulting 10 ends in the following sequence: 3 gray, 1 light lavender, 2 medium lavender, 1 light lavender, 3 gray. Number ends from left to right from 1 to 10. Each cord will retain the same number throughout the pattern.

With cords 1 and 10 as core cords, tie 2 double half-hitch bars to form a V (cords 1 and 10 meet at center). Anchor bars with a square knot (cords 5 and 6 tied over cords 1 and 10).

*At each edge, tie a 5-knot alternating half-hitch chain with cords 2 and 3 (at left) and cords 8 and 9 (at right). Allow cords 4 and 7 to fall.

Using core cords 1 and 10, tie a double half-hitch bar to form inverted V. Cords are now in original sequence.

String bead onto cords 5 and 6. Allowing cords 2, 3, 4, 7, 8, and 9 to fall behind bead, tie double half-hitch bar into V under lower edge of bead. Anchor bars with a square knot (cords 5 and 6 tied over cords 1 and 10). Repeat instructions from * until 3 beads have been worked into band, and ending with a 5-knot alternating half-hitch chain at each edge and a square knot in center. Cords are in the following sequence: 2, 3, 4, 5, 1, 10, 6, 7, 8, 9.

Tie a square knot with cords 3 and 1 over cords 4 and 5; tie a square knot with cords 8 and 10 over cords 6 and 7.

Leave a space about ⅓ in. long and then make a square knot in the center (cords 5 and 6 over cords 1 and 10). Work 2 square knots beneath this knot (cords 3 and 1 over cords 4 and 5; cords 10 and 8 over cords 6 and 7). Next, work 3 knots across (a knot tied with 4 cords in the center and each knot at side tied with 3 cords). Work in alternating square knots until length equals that of watch, ending with 2 knots. Then work one square knot with center four cords.

Again, after leaving a ⅓-inch space, work knotting sequence in reverse, until all 6 beads have been added, and ending with an inverted V-shaped bar. (All 10 cords are now in original position.)

Length of watchband measures approximately 5 in. at this point.

Tie two square knots (cords 1 and 5 over cords 2, 3, and 4; cords 6 and 10 over cords 7, 8, and 9). Tie a square knot in center (cords 4 and 7 over cords 5 and 6). Then tie 2 square knots beneath this knot (cords 1 and 5 over cords 2, 3, and 4; cords 6 and 10 over cords 7, 8, and 9). Repeat this row once. Continue in this manner, tying a center knot and 2 rows of 2 knots for a total of 6 times. (Spaces between double rows of 2 knots will receive prong of buckle.)

Tie a center square knot; tie a second square knot directly beneath. Finish with a double half-hitch bar tied in a V-shape. Trim and melt ends.

To attach watch: Remove pins from body of watch. Position watch on center group of alternating square knots. Pop pins back into watch.

Brown watchband: Refer to instructions for lavender band *(above).* Use pink, brown, pale green, and gray nylon thread and 24 tiny beads.

Cut and mount 75-in. cord lengths arranged in the following sequence: 1 pink, 2 brown, 1 green, 2 gray, 1 green,

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2 brown, and 1 pink. Number cords and work as for lavender band; stop before first inverted V-shaped bars are worked.

* Tie inverted V-shaped bars. String one bead onto cords 5 and 6; string a bead to each side on cord 2 and on cord 9. Remaining cords fall.

Then tie another inverted V-shaped bar directly beneath beads to anchor them (cords 5 and 6 are core cords). Tie a center square knot (cords 4 and 7 over cords 3 and 8); then tie 2 square knots beneath and to each side (cords 2 and 4 over cord 3; cords 7 and 9 over cord 8). Repeat this row once; repeat center square knot. Tie V-shaped bars of double half-hitch knots. String beads as before; anchor with another V-shaped bar. Cords are in following sequence: 2, 3, 4, 5, 1, 10, 6, 7, 8, 9.*

Tie center square knot (cords 5 and 6 over cords 1 and 10).

Tie a 3-knot alternating half-hitch chain at each edge (cords 2 and 3; cords 8 and 9). Tie a 3-knot alternating half-hitch chain (cords 3 and 4; cords 7 and 8). Tie a 3-knot alternating half-hitch chain at each edge (cords 2 and 3; cords 8 and 9).

At center tie an inverted V-shaped double half-hitch bar (cord 5 over cord 1 and cord 6 over cord 10); then tie a V-shaped bar over same cords. (This step forms a small diamond.) Tie a center square knot (cords 5 and 6 over cords 1 and 10).

Rep between * once more; finish first half of band with 3-knot alternating half-hitch chain. Under V-shape anchor with center square knot (cords 5 and 6 over cords 1 and 10); one square knot to each side (cords 3 and 5 over cord 4; cords 6 and 8 over cord 7). Work center of watchband as for lavender band.

Reverse sequence of knotting until all beads are added. Complete narrow end of band as for lavender band.

CROSS-STITCH COLLARS AND CUFFS, page 107

To order one-size-fits-all kits for cross-stitch collars and cuffs, see page 185.

Materials: ½ yd. 22-count hardanger fabric for *each* collar and cuff set; ½ yd. lining fabric; embroidery floss in the following colors: dark green, light green, dark red, medium pink, light pink, blue, white, lavender, and yellow; 4 small snap sets; narrow satin ribbon; water-erasable marking pen; graph paper; felt tip marking pens in colors to match floss.

Instructions: Enlarge outlines, *page 164*, using scale of 1 large square (between heavy lines) equals 1 in. Using water-erasable marking pen, transfer outlines to hardanger and lining fabrics. Chart cross-stitch patterns onto graph paper using marking pens. Tape edges of fabric to prevent raveling. Do not cut out pieces until designs are stitched.

Use two strands of embroidery floss to work cross-stitches over two threads of hardanger fabric. (One small square equals 1 cross-stitch.) Center fabric in embroidery hoop and begin stitching. Begin cross-stitching by making a stitch that slants from lower right to upper left, making sure each stitch is the same size. Work back across the half cross-stitches with a row of stitches that slants from lower left to upper right. (All "crossing threads" should lie in the same direction.) Refer to color key for color suggestions or select colors to match the fabrics used in your wardrobe.

With right sides facing, stitch lining to collar pieces, leaving a 3-in. opening. Turn right side out, slip-stitch opening closed, and press. Tack ribbons in place where ends meet.

With right sides facing, stitch lining to cuff pieces, leaving a 3-in. opening. Turn cuff right side out, slip-stitch opening closed, and press. Sew snaps to cuffs for fastening.

continued

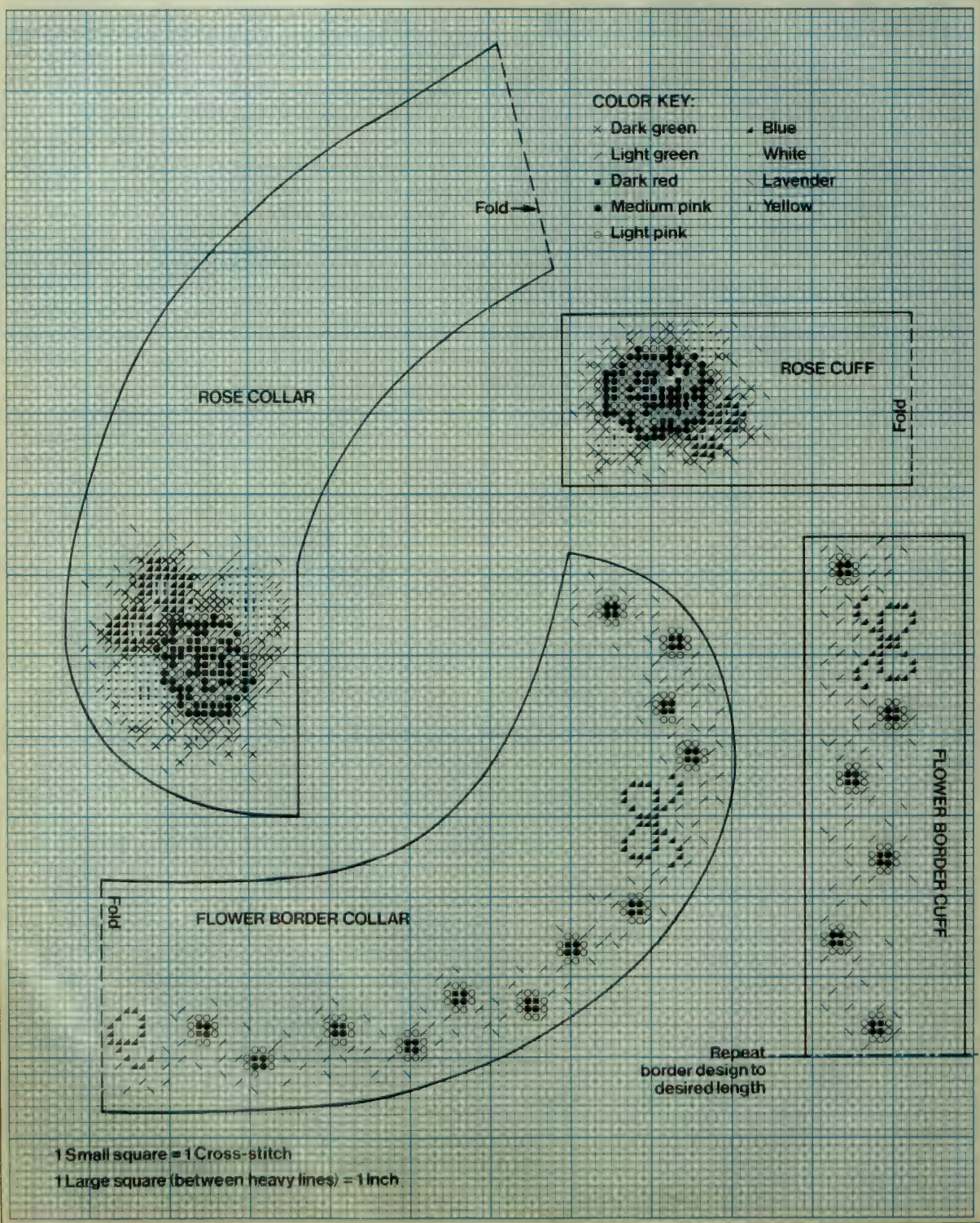
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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

THE BEST SEATS IN THE HOUSE

Page 37: Log chair—Blake House, Inc., 1948 Blake St., Denver, CO 80202.

Page 38 (left): Butterfly chairs—Landes Furniture Mfg. Co., P.O. Box 2197, Gardena, CA 90247. (Above right): Chairs "Joker"—Workbench, 470 Park Ave., New York, NY 10016. (Below right): Bench "Texas Bench"—Hickory Chair Co., Box 2147, Hickory, NC 28601.

Page 39: Settee "Windsor"—The Lane Company, Inc., P.O. Box 151, Altavista, VA 24517.

Page 40 (left): Chair—Design Institute America, 123 Empire St., Montpelier, OH 43543. (Right): Stools "Anna"—Kartell U.S.A., P.O. Box 1000, Easley, SC 29640.

Page 41 (above): Chaise longue—Swaim Originals, 200 E. Linden, High Point, NC 27260. (Below): Grid-frame sofa—Progressus, 4620 S. Atlanta Rd., Smyrna, GA 30080. Chair and ottoman—Thayer-Coggin, Inc., P.O. Box 5128, High Point, NC 27262.

Page 42 (left): Tub chair—Bernhardt Industries, Box 740, Lenoir, NC 28645. (Above right): Chair "Siesta"—Scandinavian Design, 920 N. Michigan Ave., Chicago, IL 60611. (Below right): Bench "Versailles"—Elegance Furniture, Inc., P.O. Box 428, High Point, NC 27261.

Page 43 (front): Chair "Totem"—Scandinavian Design (address above). Modulars "Connectionals"—Trend Line, P.O. Box 188, Hickory, NC 28603.

POCKET-SIZE WORK SPOTS

Page 44 (upper): Desk chair—Knoll International, 655 Madison Ave., New York, NY 10022. (Lower): Blinds—Levolor Lorentzen, Inc., 1280 Wall St., W. Lyndhurst, NJ 07071. Poster—Poster Originals, 16 E. 78th St., New York, NY 10021.

Page 45: Wall unit—ICF, Inc., 305 E. 63rd St., New York, NY 10021. Track lighting—Lightolier, Inc., 346 Claremont Ave., Jersey City, NJ 07305.

SPRUCE-UPS FOR WALLS AND CEILINGS

Page 47 (top): Cooktop—Jenn-Air Corp., 3035 Shadeland, Indianapolis, IN 46226. Oven, refrigerator—Amana Refrigeration, Inc., Amana, IA 52203. Dishwasher—KitchenAid, Div. Hobart Co., Troy, OH 45373. Ceiling fan—Hunter, Div. Robbins-Meyers, Inc., 2500 Frisco Ave., Memphis, TN 38114. (Bottom): Track lighting—Halo Lighting, Div. McGraw-Edison, 400 Busse Rd., Elk Grove Village, IL 60007. Sofas—Selig Mfg. Co., 54 Green St., Leominster, MS 01453. Light fixture—Castelli, 116 Wilbur Pl., Bohemia, NY 11716.

Page 48 (bottom): Metal wall paneling—Donn Corp., 1000 Cracker Rd., Westlake, OH 44145. Lamp—Fine Art Lamps, P.O. Box 4763, 7215 W. 20th St., Hialeah, FL 33014. Lampshade—Fenchel Shade, 1322 S. Wabash, Chicago, IL 60605. Table "Scene Two"—Henredon, P.O. Box 70, Morganton, NC 28655. Sectional sofa—Bernhardt (address above). Door hardware—Schlage Lock Co., P.O. Box 3324, San Francisco, CA 94119. Ceiling fixture—Lightolier, 346 Claremont Ave., Jersey City, NJ 07305. Flooring—Kentile, 58 Second Ave., Brooklyn, NY 11215.

VINES AND GROUND COVERS

Pages 97-103: All plants available from the following nurseries: White Flower Farm, Litchfield, CT 06759. Wayside Gardens, Hodges, SC 29695. Park Seed Co., Greenwood, SC 29647. Van Bourgondien, 245 Farmingdale Rd., Babylon, NY 11702.

PETITE TREASURES

Pages 104-105: Children's clothes—Enchanted Cottage, 3811 Ingersoll Ave., Des Moines, IA 50312. Nosegay form—Lomey Manufacturing Corp., 301 Suburban Ave., P.O. Box 7, Deer Park, NY 11729. Florist's tape—American Can Co., American Lane 3A3, Greenwich, CT 06830. Crafts picks—MAB Crafts, 1423 SW. Army Post Rd., Des Moines, IA 50315. Crafts feathers, beads, florist's wire—Mangelsen's, Box 3314, Omaha, NE 68103. Satin and grosgrain ribbon—C.M. Offray and Son, Inc., 261 Madison Ave., New York, NY 10016. Tulle ribbon—Lion Ribbon Co., 100 Metro Way, Secaucus, NJ 07094. Lace—Streamline Industries, Inc., 234 W. 39th St., New York, NY 10018. Embroidery floss—DMC, 107 Trumbull St., Elizabeth, NJ 07206. Needlepoint yarn—Johnson Creative Arts, Paternayan Yarns, 445 Main St., W. Townsend, MA 01474. Kit for needlepoint picture—Brunswick Yarns, Brunswick Ave., P.O. Box 548, Moosup, CT 06354.

Pages 106-107: Children's clothes—Enchanted Cottage (address above). Wooden box—Sudberry House, 4 Mile and Colton Rds., P.O. Box 421, Old Lyme, CT 06371. Beads—Mangelsen's (address above). Ribbon—C.M. Offray and Son, Inc. (address above). Lace—William E. Wright Co., West Warren, MA 01092. Watches—Joseph's Jewelry Store, Sixth and Locust Sts., Des Moines, IA 50309.

STUNNING SOLUTIONS

Page 108: Countertop tile—San Francisco Tile Co., 430 Ninth St., San Francisco, CA 94103. Microwave—General Electric Co., Appliance Park, Louisville, KY 40225. Cabinets—Waterfront Woodwork Co., 110 Brannan, San Francisco, CA 94107. Cooktop—Chambers Corp., Old Taylor Rd., Oxford, MS 38655.

Page 109: Ceiling lights—Halo Lighting, Div. McGraw-Edison, 400 Busse Rd., Elk Grove Village, IL 60007.

Page 110 (top): Chairs—Hank Lowenstein Inc., Ft. Lauderdale, FL 33335. (Bottom): Range—Wolf Range Co., 236 Valley Dr., Brisbane, CA 94005. Range vent—Thermador, 5119 District Blvd., Los Angeles, CA 90022. Refrigerator—Sub-Zero Co., Inc., P.O. Box 4130, Madison, WI 53711.

Page 111: Dishwasher—KitchenAid, Div. Hobart Mfg. Co., Troy, OH 45373.

Page 112 (top): Oven—Chambers Corp. (address above). Dishwasher—KitchenAid (address above). Countertops "Corian"—E.I. Dupont de Nemours & Co., Wilmington, DE 19889. Recessed lighting—Prescolite Corp., 1251 Doolittle, San Leandro, CA 94577. Cabinet hardware—Stanley Works, Hardware Div., 195 Lake St., New Britain, CT 06059. (Bottom): Range—Wolf Range Co., 236 Valley Dr., Brisbane, CA 94005.

Page 113: Refrigerator—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. Sink, faucets—Kohler Co., Kohler, WI 53044.

FESTIVE BREADS

Pages 114-115: White platter "Regal"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. Metal server—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. Soufflé dish—Rosenthal USA Ltd., 411 E. 76th St., New York, NY 10021.

Pages 116-117: Small glass bowl—Riekes-Crisa Corp., 1818 Leavenworth St., Omaha, NE 68102. Large glass bowl—Colony, 225 Fifth Ave., Room 1000, New York, NY 10010.

BRING ON THE BRUNCH!

Pages 118-119: Plastic dessert tray—Two's Company, Inc., 33 Bertel Ave., Mt. Vernon, NY 10550. Condiment trays—Guzzini by Global Distributors, 8380 Miramar Rd., San Diego, CA 92126. Flatware, mugs—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Ice bucket—Guzzini (address above).

PRIZE TESTED RECIPES

Page 139 (left): Platter "Country Gear"—Hartstone Inc., 3 Commerce St., Chatham, NJ 07928.

Page 140 (left): Baking dish—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. (Middle left): Casserole "Copco Gold"—Copco, Inc., 50 Enterprise Ave., Secaucus, NJ 07094. (Middle right): Relish bowl "Bar Harbor"—Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830. (Right): Dinner plate "Sarabande"—Royal Doulton Group, 700 Cottontail Ln., Somerset, NJ 08873.

CLOSET STRATEGIES

Page 170 (top right): Track lighting—Halo Lighting Inc., Div. of McGraw-Edison Co., 400 Busse Rd., Elk Grove Village, IL 60007.

Page 171: Storage units and vanity—Moduflex Systems Inc., P.O. Box 12723, Roanoke, VA 24024.





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DECORATING

Ideas that Stretch Space

Apartment dwellers and space-conscious homeowners alike will find helpful decorating ideas in these two books. Both offer practical ways to use small and awkward spaces effectively without making time-consuming and costly structural changes.

Whether you need a home office, a guest room, or just a place to store your stuff, these two books provide plenty of concrete solutions with a good mix of creative inspiration.

How To Decorate a Dump, by Philip Almeida; The Main Street Press, Inc.; $17.95; 143 pages

This witty and highly informative book shows how to turn a down-and-out apartment into your very own castle. Drawing from personal experience, the author illustrates many ways to overcome cracked walls, windows without views, closetless bedrooms, and antiquated floor plans.

The emphasis is on creativity instead of cash, with lots of examples of found and recycled furnishings, quick and inexpensive lighting tricks, and economical, innovative paint jobs. Filled with photos and drawings, the book is easy to follow and helps you plan use of limited space to meet personal needs efficiently and with flair.

Double-Duty Decorating: Design Ideas to Help You Get the Most Out of Your Limited Space, by Virginia Carry; Charles Scribner's Sons; $17.95; 177 pages

Here's a book that plunges into multipurpose room planning with vigor. It helps you choose complementary functions for a room, then shows you lots of double-duty schemes from which you can adapt ideas. The examples are practical, illustrate a variety of spaces, and generally require no outside help. Almost instant solutions, like subdividing rooms with plants or screens, are mixed with more permanent options, such as building shelves into a closet to handle family electronic equipment.



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Closet Strategies

Bedroom closet space is a precious commodity in new and old homes, alike. Fortunately, it's easy to build additional closets or reorganize existing ones. Today, there's a wealth of products on the market to help you—closet organizers for a major overhaul of hanging and shelf space, as well as stacking bins, cubes, and roll-out carts that instantly put wasteful floor and shelf areas to work. These two examples offer ideas you can adapt to answer your own, individual storage needs.





By Denise L. Caringer

Photographs: Fred Lyon. Design: Antonio F. Torrice
Field editor: Barbara Cathcart

A standard, six-foot-wide closet like this often is not geared to a child's needs. Usually, there's too much hanging space for clothing, and not enough room for the other necessities of a kid's life. Happily, it's easy to redesign such a closet.

In this bedroom, the left side of the closet *(left)* houses an ordinary chest of drawers, freeing up valuable space in the room for play or, in this case, for a drawing board/desk.

The right side of the closet *(above)* provides low-level hanging space for shirts, jackets, and pants, with hooks above for shoes, gym bags, caps, and sports gear.

To refit this side of the closet, the owners first built a plywood wall to subdivide the interior. Then they covered the remaining two walls with plywood to which they nailed one-inch-square wood strips. Movable metal ironing-board hooks attach to the wood strips.

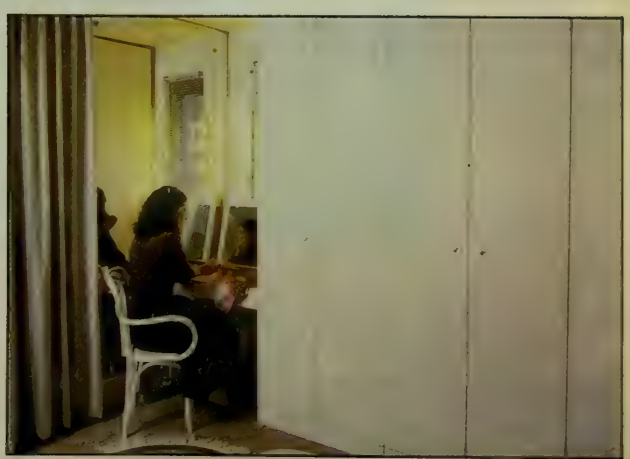
To revamp a similar closet in a master bedroom, move the closet pole and the shelf above it about 12 inches higher. Then in half of the closet, suspend a new pole from the original one to double the hanging space. Finally, buy stacking cubes, shoe racks, and bins to make the most of floor space below the hanging clothes.

You can double (or triple) your master bedroom closet space without tearing out any of your walls. Just turn an unused wall into a handsome and hardworking wardrobe by building a floor-to-ceiling closet *(above).* Some of these wardrobe ideas also can be used to customize an existing closet.

The bedroom in this 50-year-old home included only one woefully inadequate closet. The answer was to add on a new closet, using a buyable, modular closet system. The components make maximum use of the 11-foot wall space between the door and the window.

The modulars create three individual closets, each 33 inches wide and 24 inches deep. Hanging spaces of varying heights leave room for lots of shelves and cubbyholes to stow purses and folded shirts and sweaters. Pullout bins hold socks and other small items.

To make even greater use of every inch of bedroom space, a makeup/desk area fits into a windowed niche between the closet addition and the wall *(right).* The hinged top opens to reveal a makeup mirror and storage space. Standard strip lights hang on each side of the window, and a mini-slat blind melds the window smoothly into the wall.



Photograph: Maris/Semel. Design: Bonnie Fagan, Design Concepts
Field editor: Eileen A. Deymier

Buying information, page 167.

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By George S. Bush



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Horseback Pack Trips

Some riding experience helps on these trips, but it's not necessary. Horses are trained to walk single file at the pace set by the lead wrangler. Novices, however, should pay close attention to wranglers' instructions.

A day's ride may cover eight to 15 miles, with an average of five to seven hours on the trail, including stops for rest and lunch. Evenings are spent around a campfire swapping stories and roasting marshmallows. Somebody usually brings a guitar. But not long after sundown, you'll yawn your way back to your tent.

The Great Smokies

Though horse outings are a western phenomenon, a top outfitter operates in this region. Tom Aumen runs his western-style trips from a 1,000-acre spread above Maggie Valley, North Carolina, on the edge of Great Smoky Mountains National Park. It's to this backcountry that riders go. Trails climb through forest, snaking into valleys and up precipitous slopes.

Base camp is reached the first day. Then, you take day trips that include the summit of one of the Smokies' highest peaks. At night, the wind rustles the trees for your lullaby.

There are two organized trips (in May and September this year). One is under the auspices of the American Forestry Association ($15 for a family membership). The ride costs about $575, minimum age 13. This includes five days on the trail and nights at Cataloochee Ranch at each end of the trip (with dinners and breakfasts).

continued

Photograph: George S. Bush

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Horseback Pack Trips





You may arrange a one- or two-night pack almost anytime in summer, if you stay at the ranch before or after (at least two to four in your group). Ranch stays run $150 to $170 a day for a family of four. Pack trips cost about $125 per person overnight, $200 for two nights.

Wyoming's Absarokas

An hour's drive west of Cody, Absaroka Mountain Lodge, a neat rustic-cabin compound, snuggles in a woodsy canyon. This is the jump-off point for spine-tingling Rockies' packs—up into the peaks that barricade Yellowstone to the east.

These five-day trips take you into the Washakie Wilderness. The trail is an obstacle course of fallen timber and creeks. It hairpins over ridges till waterfalls roar below you and snowy summits shine all around.

In the permanent camp, you sleep in roomy tents. Then, you go off on day rides, including one to Eagle Pass, which overlooks Yellowstone Park. If you're saddlesore, there's always fishing and hiking.

Eight-day rides travel north to the shore of Yellowstone Lake, where you're ferried back by van. On this route, which is extended to ten days once a season, there are three camps. On four days, riding is optional.

Families get 10- to 15-percent discounts, minimum age 5. Either pack can be set up for six or more in a group. Or you can join one of eight regular outings June through August.

Five days costs $515 a person, eight days $810, ten days $950. You also can hike with the pack stock (eight days $550) or combine three nights at the lodge (daily rides) with shorter outings (eight days $775, with meals).

More great riding trips

Colorado's Maroon Bells peaks rise in snowy crags from lakes framed with wildflower meadows. From Aspen, this ten-day ride with four camps includes the wildlife-rich Snowmass region of White River National Forest. Trips costs $750, minimum age 13 (bring sleep gear).

The ride is sponsored twice a season (July and August) by the American Forestry Association, which also has packs in Idaho; the Colorado, Montana, and Wyoming Rockies; and the Cascades of Washington and Oregon. Rates are about the lowest for this type of adventure ($75 to $80 a day).

Bob Marshall Wilderness, in Montana's Flathead National Forest, hugs the Continental Divide's western slopes south of Glacier National Park. It's a paradise of lakes and streams teeming with trout. Forests harbor all sorts of creatures. The surrounding mountains are stupendous.

This ten-day horseback trip out of Missoula is arranged by the American Wilderness Alliance in early July. Cost is $750 per person, minimum age 7 (bring sleep gear).

Uncompahgre Wilderness, in the San Juan Mountains of Colorado, is the destination of another American Wilderness Alliance horse pack. This seven-day ride in a ruggedly beautiful region makes a fine family adventure. You reach tops of two 14,000-foot peaks on side rides from camps. Cost is $510 per person from Montrose, Colorado, age limit 9 or 10 (bring sleep gear). The Wilderness Alliance also offers other five-, seven-, and ten-day packs in Colorado and Montana. Normally, minimum age is 8.

Idaho's Skyline Trail gives you close-up views of the Tetons from the Idaho side of this range. Five-day trips, with new camps nightly, cover 50 miles in Targhee National Forest.



Once kids get aboard, they catch on as if they were born in the saddle. Families are prime pack-trip guests at Triangle X and Heart Six ranches, which specialize in Teton treks.

Five packs leave Rigby from August to mid-September. Price is $555 per person, with 10-percent family discounts, minimum age 6 (sleeping bags $25 a person or bring them). The outfitter is Teton Expeditions.

For more information

- **Cataloochee Ranch** (Tom or Alice Aumen), Rte. 1, Box 500, Maggie Valley, NC 28751.
- **American Forestry Association** (Mary Ellen Walsh), 1319 18th St., NW., Washington, DC 20036.
- **Absaroka Mountain Lodge** (Don Schmalz), Box 604, Cody, WY 82414.
- **American Wilderness Alliance** (Regan Mallett), 4260 E. Evans Ave., Suite 3, Denver, CO 80222.
- **Teton Expeditions** (Jay or Glenn Foster), Box 218, Rigby, ID 83442.
- **Triangle X Ranch** (John Turner), Moose, WY 83012.
- **Heart Six Ranch** (Carol Beestou), Moran, WY 83013.

continued

Photographs: George S. Bush

Covered-Wagon Treks



If you have children too young to put on horses, let a prairie schooner carry you into the wilderness. Older kids enjoy these adventures, too. In fact, enough trail horses accompany the wagon train that all who want turns in the saddle get them.

Wagon treks also cost less than horse packs (kids get substantial discounts) and are preferable if you have reservations about primitive camping. You can sleep in the wagon or in a tent; groups usually are larger, so you feel less exposed to the wilds; collapsible tables and benches are carried for meals; food is a bit more elaborate; and there's even a wagon equipped with chemical toilets.

Wyoming's Tetons

Wagons West runs its trips in Bridger-Teton National Forest, across wildflower ridges below Togwotee Pass. In clear streams at 8,000 feet, swimming gives you gooseflesh, but greedy trout almost beg to be hooked. Occasionally, eagles zoom overhead; mule deer and elk peer from among the pines at dusk; and coyotes howl in the night.

The wagon train moves to a new camp every day, accompanied by a swarm of outriders that eventually veers off to go its own way. Everybody rendezvous at lunch, and then you may switch from wagon to horse, or vice versa. Often, additional rides go out from camp before supper.

At night, there's a campfire. One of the cooks doubles as guitarist, and guests bring their instruments. Padded wagon benches fold out to make bunks. Each schooner sleeps two couples or a set of parents with kids. Tents are more than ample for two adults, plus a youngster or two. If you don't have bedrolls, you can rent them for the trips at $10 each.

Like many others, this operation is run by a family. The boss, L. D. Frome, hails from a ranch south of Jackson, Wyoming. And there are always relatives among the ten wranglers, cooks, and wagon drivers who take care of up to 40 guests.

Wagons West schedules trips from June through August (July can get hot, with mosquitoes at night). You join the trip on Monday, Wednesday, or Friday, after being transported 60 miles from Jackson by bus. You can stay with the train for one, three, or five nights. One night with two days on the trail costs $175 per adult, $130 for kids under 16; three nights runs $300 per adult, $240 for kids; five nights is $420, $320 for kids. For your own horse full-time, add $15 a day.

Treks are arranged by Old West Tours of Jackson, Wyoming, which also packages raft trips on the Snake River, plus riding-rafting and riding-canoeing combinations. Before your morning departure from Jackson and after your evening return, Old West can book lodgings for you at the Wagon Wheel Village Motel (family cabins about $56).

Nebraska's Oregon Trail

This historical route is prairie-schoonered out of Scottsbluff, Nebraska. The four-day trek includes the Chimney Rock National Historical Site (Indian battles and setting of the TV movie *The Chisholms*) and incorporates such entertainments as a simulated Indian attack, square dancing under the prairie sky, and a dance show by Sioux Indians. Everything but the traveling comfort stations is as authentically frontier as possible: The Conestogas are wooden-wheeled originals; food is prepared from scratch on site; the pony express clatters into camp to deliver mail.



Traveling by covered wagon is an easy yet adventurous way for families with youngsters of all ages to experience the wilderness.

One trip each is staged in mid-July and mid-August by Oregon Trail Wagon Train. For four days, adults pay $270, $216 for kids under 12 (everything included). There also are three-day treks in mid-June and early September for which adults pay $180, youngsters $144.

For more information

- **Old West Tours** (Jim Wallace), Box 3322, Jackson, WY 83001 (800/443-6846 toll free).
- **Oregon Trail Wagon Train** (Gordon Howard), Rte. 2, Box 200-B, Bayard, NE 69334.
- **Bar-T-Five Outfitters** (Bill Thomas), Box 2140, Jackson, WY 83001 (also contact Old West Tours).
- **Dakota Wagon Train** (Shellie Marken), Haggerty's Tour and Travel Service, Baken Park Shopping Center, Rapid City, SD 57702.
- **VisionQuest Wagon Train & Guest Lodge**, Box 157, Elfrida, AZ 85160 (trips available year-round).
- **American Forestry Association**, (Mary Ellen Walsh), 1319 18th St., NW., Washington, DC 20036.

continued

Photographs: George S. Bush

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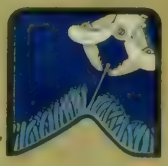
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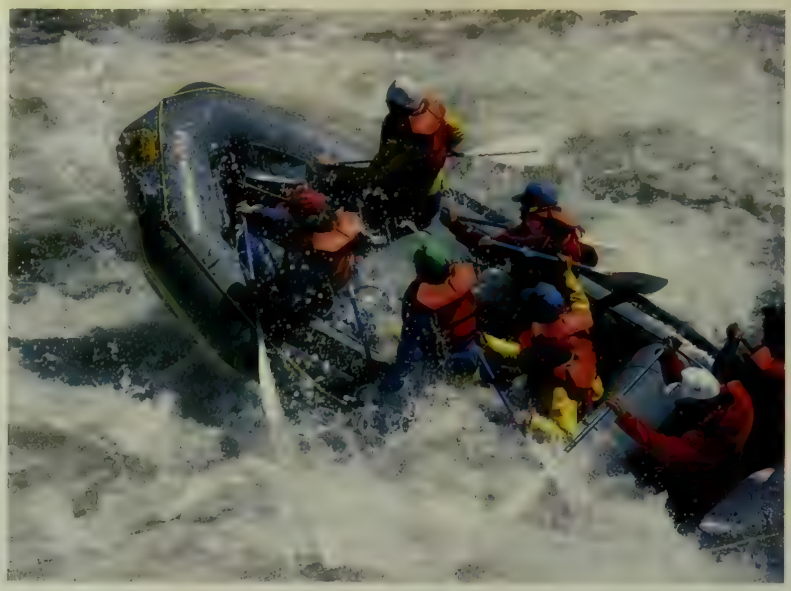
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River-Rafting Expeditions



Floating Idaho's River of No Return is an exciting, pampered adventure.

Photograph: R. Rickers/Middle Fork River Company

Like roller-coaster rides, white-water expeditions provide all the thrills of mortal danger without much actual risk. At worst, you might flip overboard, to be fished out laughing and refreshed. You don't even have to be a strong swimmer; mandatory life vests keep you afloat.

You rarely ride more than six or eight major rapids in a day. Between them, you may encounter riffles, but mostly you're adrift on tranquil waters, watching the scenery unwind like a movie and glimpsing wildlife ashore. Other times, there are raft-to-raft water fights and swimming.

Lunch—cold cuts, cookies, fruit—is at a scenic picnic spot. The day generally ends early at a designated campsite, with plenty of daylight for shore excursions and fishing. Then you sup fireside, as mountainscapes withdraw into the night.

Floats come in two basic formats. On difficult rivers, big fat rafts are oared by experienced "river rats." You just hang on and have fun. On easier streams, rafts are smaller and you help paddle, under the command of guides—one to a raft. On some white-water runs, you can choose between these two types of transport, and switch back and forth en route.

Northern California's Klamath

Such an outing is operated by Osprey River Trips of Grants Pass, Oregon, on northern California's Klamath. On this family float in the Salmon Mountains of the Coast Range, you may take turns riding in Tahitis, inflatable one-person boats shaped like canoes, except for their flat bottoms. Double-dish kayak paddles propel the crafts, which even kids can handle.

There are two dozen white-water coasters and lots of riffles in the 28 miles of the three-day trip. It starts at Happy Camp in Klamath National Forest, 90 minutes west of Yreka on State-96. Precipitous mountains squeeze the river in their vise. Slopes are dotted with old mines and abandoned sluices. One night, you camp on a sandbar near the mouth of an alpine torrent, where a one-mile hike brings you to a 25-foot waterfall.

Breakfasts are immense. Dinners feature chicken, lasagna, and steaks, with fresh salad and wine. Usually in charge of the gastronomy is Tom Harasin, the bearded trip manager who has all sorts of river tales to tell.

The night before departure, stay at Forest Lodge in Happy Camp ($42 to $48 for a family of four). You can leave your car there while you float. For dinner, try the Indian Creek Café, a terrific backwoods eatery.

Osprey runs the Klamath about ten times between Memorial Day and Labor Day; kids from 8 up are accepted. Rates are $236 per adult, $212 for kids 12 and under. Tent and bedding rental costs $25 per person, as does exclusive use of a Tahiti. Other domestic Osprey floats go on the Rogue and Umpqua in Oregon.

Colorado's Lodore Canyon

You'll encounter some pretty swift water on the Green River, so trips are oared by licensed guides. Even so, this is a family trip. It combines great fun with fascinating sight-seeing.

The outfitter, Adventure Bound, puts in at Browns Park National Wildlife Refuge after a two-hour bus ride from Craig, Colorado. You can stay and leave your car at the Holiday Inn ($43 for a family of four).

continued

OUTFITTERS OF ALL KINDS

For a listing of all kinds of outfitters, get a copy of *Adventure Travel* from Pat Dickerman, Adventure Guides, Inc., 36 E. 57th St., New York, NY 10022 ($10.50 with postage, $1.50 extra for first class). For more about outfitters, also write to these contacts (specify the type of vacation you want).

- **Idaho Travel**, Room 108, State House, Boise, ID 83720.
- **Montana Travel Promotion**, 1424 9th Ave., Helena, MT 59620.
- **New Mexico Tourism and Travel Division**, Bataan Memorial Bldg., Santa Fe, NM 87503.
- **Oregon Tourism Division**, 595 Cottage St. NE., Salem, OR 97310.
- **Utah Travel Council**, Council Hall/Capitol Hill, Salt Lake City, UT 84114.
- **Wyoming Travel Commission**, Cheyenne, WY 82002.
- **Washington Tourism Development Division**, 101 General Administration Bldg., Olympia, WA 98504.


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River-Rafting Expeditions





Paddling canoelike Tahitis is part of the fun on a Klamath River float, as are guided hikes to explore ancient Indian haunts in Lodore Canyon.

First thing, you float through the Gates of Lodore, a cut of grandiose red-rock cliffs that continues with few interruptions till you take out 44 miles south, near the Dinosaur National Monument visitors center. There's white water every day, but also long lazy stretches.

You'll reach Disaster Falls—yelling with wondrous fright—the first day of the three-day ride. Mountain sheep cavort on shore rocks. At a couple of stops, you can join short guided hikes to explore the ancient haunts of Indians. Almost everybody bunks in the open. On moonlit nights, rock faces take on the eerie gleam of glacier summits.

The trip costs $250, $210 for ages under 18, with three departures a week in summer. Bring sleep gear or rent it for $25 per person for the trip.

The Grand Canyon

May through October, the American Wilderness Alliance arranges a family float in this mighty white-water gorge. Nearly 100 major rapids are shot in the 226 miles of the guide-oared run. It's a 14-dayer if you take it all the way.

But the trip is split into two parts. The first, starting at Lee's Ferry, Arizona, takes six days and includes most of the biggest rapids. Price is $480. Minimum age is 12. The second section, ending at Grand Canyon Cavern after eight days, runs $650. The full trip costs $1,050. Sleep kit and poncho rent for $30.

Utah's Cataract Canyon

Farther north, the Colorado slashes through Canyonlands National Park, a jumble of desert mountains, stone formations, underground rivers, and canyons. Most wondrous is Cataract Canyon, whose rapids rival those of the Grand Canyon.

Several fine outfitters run Cataract, including Adventure Bound, with motorized rafts that float the 144 miles from near Moab to Lake Powell in three days. Trips go every four days May through September. The price is $330, $295 for ages 12 to 18. Sleep kits rent for $25 per person.

The Wilderness Alliance sponsors a more leisurely six-day Cataract float in late July. It covers 65 miles from Green River, Utah. You pay $430, any age, plus $30 for car shuttle to Hite, Utah, where rafts take out. The sleeper package rents for $15 per person, $5 for a three-person tent.

Idaho's River of No Return

The most opulent float trip anywhere is on the Middle Fork of the Salmon, famous since frontier days as The River of No Return. The Salmon roars through canyons where there's barely a foothold on cliffs for mountain lions, who still rule here. Rapids prohibit upstream travel. All this makes it astounding that floaters with Middle Fork River Company are pampered with eggs Benedict for breakfast and dinners that include steaks, fresh cakes, and fine wines.

Along the 106 miles covered in the six-day trip, there are frequent halts for hikes, swimming, fishing, and wildlife watching. You can laze on an oared raft or take a turn paddling. Kids from age 6 are accepted. The all-inclusive price, out of Sun Valley, is $950, any age. Trips depart every eight days June through September.

The Rio Grande of Texas

Runs on the historical border waters between the U.S. and Mexico are best in spring and fall. During summer, this river usually is too low and the weather too hot for pleasurable floats. Three-day outings (also longer trips) set out from the headquarters of Far Flung Adventures at Terlingua, a ghost town about 150 miles south of the southernmost transcontinental highway (I-10). Adults pay $180, $165 for youngsters under 12, including transportation, meals, and tent. Bedding rents for $5 a day.

For more information

- **Osprey River Trips** (Anna Alden), 6109 B Fish Hatchery Rd., Grants Pass, OR 97527.
- **Adventure Bound** (Tom Kleinschnitz), 122 S. 8th, Grand Junction, CO 81501 (800/525-7084).
- **American Wilderness Alliance** (Regan Mallett), 4260 E. Evans Ave., Suite 3, Denver, CO 80222.
- **Middle Fork River Company** (Betsy Barrymore or Steve Lentz), Box 233, Sun Valley, ID 83353.
- **Far Flung Adventures** (Steve Harris), Box 31, Terlingua, TX 79852.

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Photographs: George S. Bush



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Pack-Stock Hiking

Hiking with pack stock only recently has come to the fore. It costs less than horse packing, and many people prefer hiking without heavy packs to riding. But horses, mules, and burros aren't the sole beasts of burden. Llamas, curious relatives of the camel, and malamutes, sled dogs of the North, are friendly, easy to control, and don't intimidate kids.

Llamas in Northern California

Based at the foot of Mt. Shasta, Shasta Llamas, operated by Stephen Biggs (who raises his llamas himself), takes hikers into northern California's most beautiful and pristine regions. Llamas carry everything. The scrumptuous menu includes crepes, homemade soups, fresh salads, and wines at dinner.

A dozen three- to six-day trips are offered late June to mid-September. Basic daily rate is $70, $63 for under 13. Rates are lower for more than six in a group. Bring sleeping gear or rent it locally for $28 for five days.

Malamutes in Oregon

Husky though malamutes are, they can't carry as much as llamas. All hikers except kids pack about 20 pounds on the two splendid week-long itineraries traveled by Wilderness Freighters of Portland, Oregon. But the trips aren't strenuous.

On jaunts into the Mt. Hood Wilderness, you walk an average of eight miles a day. When you reach Timberline Lodge, your reward is a restaurant dinner that's part of the tab. The other hike averages four to five miles a day in Indian Heaven, a high lake-studded plateau between Mt. Adams and Mt. St. Helens.

Four hikes each are scheduled in summer. For families, each costs $545 per parent, $475 per child, with meals, gear, and the first and seventh nights in cozy quarters—with roof, bath, and beds. A flight over Mt. St. Helens costs extra ($30 a head).

Horses in the Pacific Northwest

The Pacific Northwest also is the site of a great American Forestry Association hike with conventional pack stock in late July. This trip takes you into Eagle Cap Wilderness of the Wallowa Mountains, 130 miles east of Pendleton, Oregon. Your destination is a chain of alpine lakes. The eight-day hike covers seven to ten miles a day; the return is downhill all the way. You pay $470. Minimum age is 12. Bring sleep gear or rent it in Pendleton.

Some horse-pack outfitters also offer hiking options. This year, the American Forestry Association features hiking on several trips that were exclusively for horseback riding. Also, check with packers for an interesting do-it-yourself version of horse vacations.

Drop camps

On these trips, you're delivered into the wilds on horse or on foot by wranglers and pack stock. This escort departs when you're settled at your drop camp and returns to bring you out. You enjoy the wilderness in privacy without paying for wranglers and stock every day. Gear and supplies may be provided at your option. Fully outfitted, the cost averages about $50 a day per person in camp, plus $90 per person for each day going in and out.

MORE OUTFITTED TRIPS

For other operators of pack hikes, horse packs, and drop camps:

- **North American Outfitters Association** (Rhoda G. Cook), Box 631, Hot Springs, MT 59845 (addresses in nine western states to contact for lists of outfitters).
- **The Dude Ranchers Association** (Amy Grubbs), Box 471, LaPorte, CO 80535.

For operators of raft trips:

- **Western River Guides Association** (Art Woodworth), 994 Denver St., Salt Lake City, UT 84111.

When contacting outfitters, say how many are in your party and when you want to go.





Llamas and malamutes are friendly beasts of burden for pack-stock trips.

For more information

- **Shasta Llamas** (Stephen Biggs), Box 1137-B, Mt. Shasta, CA 96067.
- **Wilderness Freighters** (John or Lynn Simonson), 2166 SE. 142nd Ave., Portland, OR 97233.
- **American Forestry Association** (Mary Ellen Walsh), 1319 18th St., NW., Washington, DC 20036.

Photographs: Top, Shasta Llamas; bottom, Joan Beckman/Wilderness Freighters


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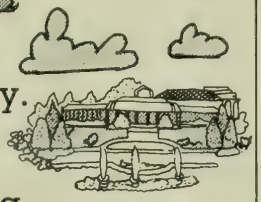
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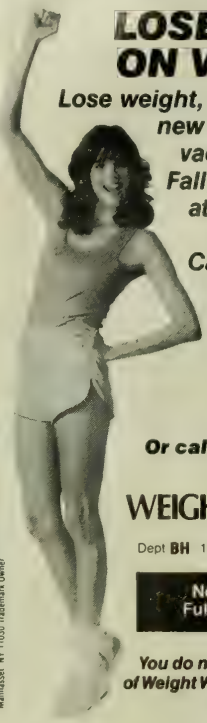
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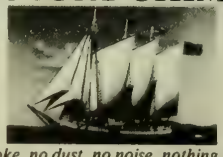
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TRAVEL WEST

Oregon's History-Rich Willamette Valley

When pioneers headed west over the Oregon Trail in the 1840s, their destination was Oregon's Willamette Valley, a fertile trough that stretches about 110 miles south of present-day Portland. Much of the pioneer legacy remains in this valley, where small towns, covered bridges, antique shops, wineries, historical parks, and bucolic scenery blend into a pleasant weekend of exploring.

Country discoveries

You can speed through the valley on I-5 in less than two hours. But to really savor the area, meander along back roads that crisscross the lazy Willamette River.

Begin your trip at Oregon City, just beyond Portland's city limits. First provisional and territorial capital of Oregon, the city also was home to Dr. John McLoughlin, a notorious character in Northwest history. His home and the Barclay House next door, both dating from the 1850s, and the new National Historic Oregon Trail Interpretive Center are open to visitors.

At the nearby town of Canby, cross the river on the tiny four-car cable ferry (there are two other ferries upstream at Wheatland and Buena Vista). If the operator is across the river, honk your horn. The little ferry chugs back as quickly as the river current permits.

Aurora, on State-99E about four miles south of Canby, was an experimental commune founded in 1855. The old Aurora Ox Barn Museum, Steinbach log cabin, and Krus House all are

TRAVEL PLANNING

See page G1 for a listing of free travel information and literature you can order.

restorations of original colony structures. You'll find good shopping for antiques and collectibles here and in neighboring towns. Several commercial nurseries along the highway sell plants and shrubs at wholesale prices.

From Albany, cross to the west side of the valley to Champoeg (pronounced *Shampooey*) State Park. Here settlers set up the first American government on the Pacific Coast in 1843. The visitor center boasts an extensive collection of artifacts from the days of early statehood. Pioneer Mother's Memorial Cabin is a replica from the 1860s; Newell House Museum is a restoration of an 1852 residence.

In nearby Newberg, stop at the Minthorn House, where young Herbert Hoover spent five years in the 1880s. Three miles west, you'll come to the little town of Dundee, home of Knudsen-Erath Winery. Tasting rooms at this and more than a dozen other wineries in Yamhill County and nearby Tualatin Valley are open on Saturdays and Sunday afternoons.

White churches, clapboard houses, and neatly fenced yards give small valley towns a New England appearance, testimony to families from Maine, New Hampshire, and Massachusetts who settled here. In between towns, you'll pass dairy farms, orchards, and woodland. Beginning in June, farmers sell fruit, nuts, and produce from roadside stands. Here and there, signs invite you to pick your own.

Salem sight-seeing

Salem, Oregon's capital, is a focal point in the valley and a treasure trove of historical buildings. See the splendid murals in the capitol rotunda and the old Thomas Kay Woolen Mill, with a museum and three 1840-era homes on the grounds. Salem's Willamette University, oldest in the West, is the site of 1867 Waller Hall. Bush House, atop a midtown hill, stands out among the best examples of Victoriana left in this part of the country.

You can visit eight covered bridges between Salem and Albany, about 15 miles south, by detouring east on State-22 to Mehama, then taking State-226 south through Jordan, Scio, and Crabtree. The bridges, flanked by fields of spring wildflowers and patches of woodland, make great photo subjects.



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Farther south in Lane County, you'll discover another covered bridge collection on roads around Eugene. Many of the bridges are off main routes; ask directions locally.

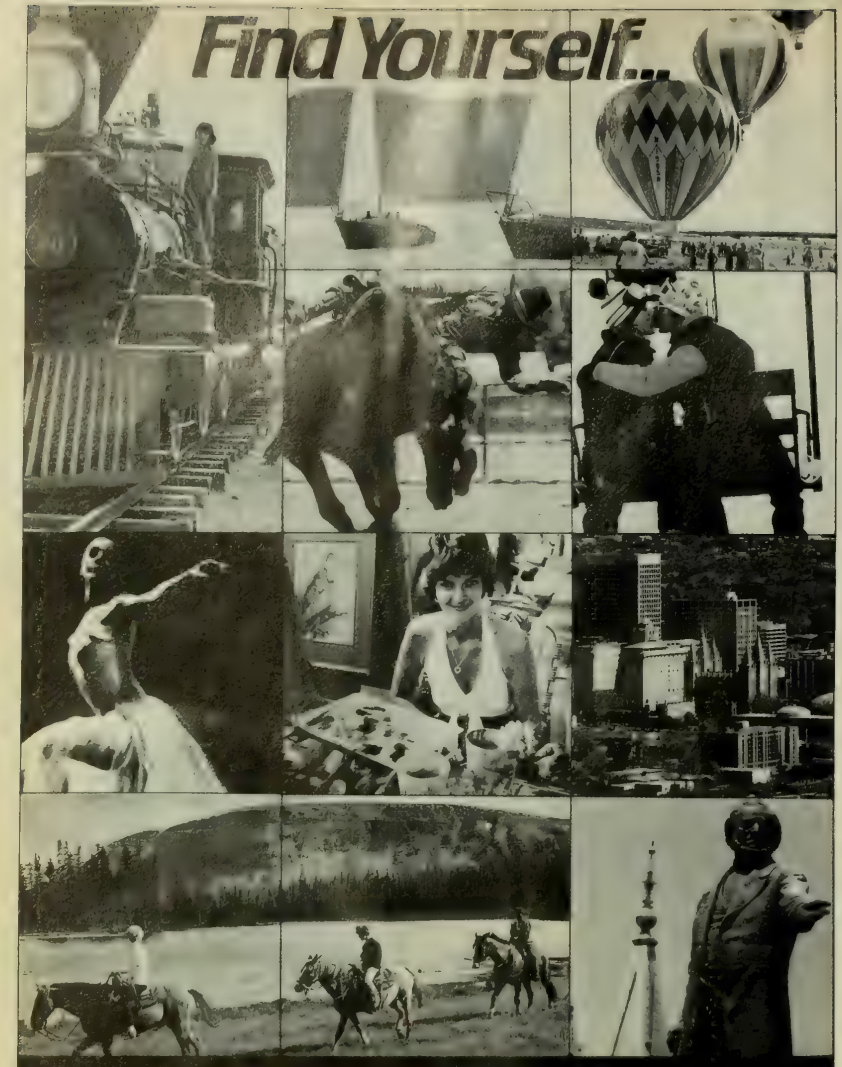
Eugene exploring

Eugene is a fine cultural counterpoint to the rest of the valley. It's been voted the "most livable" small city in several national polls. Here, most of the activities focus on the University of Oregon campus and the stunning new Hult Center for the Performing Arts.

A block away is the Fifth Street Public Market, a quality collection of 70 shops and restaurants housed in a renovated building. A network of bicycle paths and segregated street lanes leads you across the 250-acre university campus, beside the Willamette River, and through city parks. Pedal Power (Sixth and High streets) has bike rentals for about $9 a day.

Museums you won't want to miss in

continued



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Eugene include the Museum of Art, Museum of Natural History, Lane County Museum, and the Willamette Science and Technology Center.

Lodgings and more information

Salem and Eugene offer first-class hotels. In Salem, try the Best Western New Kings Inn or Ryan Motor Inn (doubles at both about $40). In Eugene, the Hilton (doubles from $62) is adjacent to Hult Center; the Valley River Inn (doubles $58 to $83) lies along the river and bikeways.

For more details, write to the Chamber of Commerce, 220 Cottage St. NE., Salem, OR 97310; Eugene/Springfield Convention and Visitors Bureau, Box 10286, Eugene, OR 97440; Oregon Tourism Div., 595 Cottage St. NE., Salem, OR 97310.

Pacific Coast Country Inns

Intimate country inns aren't strictly a New England phenomenon. Unique inns that make splendid vacation stops also lie tucked away in states along the Pacific Coast.

Amid California's mother lode country, not far from Sacramento, nostalgic inns are excellent bases from which to explore the state's historical gold rush territory. For a brochure about country inns in this region, send a stamped, self-addressed, business-size envelope to Historic Country Inns of the Mother Lode, Box 1849, Placerville, CA 95667.

Country inns also beckon in the Pacific Northwest, where you can stay along the ruggedly beautiful Oregon coast; in Ashland, Oregon (which hosts a renowned Shakespearean festival each year); along the Columbia River in southwestern Washington; or in the heart of Oregon wine country. To get a copy of a free brochure that details some 16 different country inns in Oregon and Washington, write to Unique Northwest Country Inns, 4000 Westcliff Drive, Hood River, OR 97031.

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Dallas/ Atlanta	5 pm-11 pm	15 min.	$3.87	$5.42	$2.63	32-51%
Denver/ Baltimore	11 pm-8 am	5 min.	$ .93	[illegible]	$ .71	24-71%
Reno/ Chicago	11 pm-8 am	15 min.	$2.63	$4.18	$2.12	19-49%
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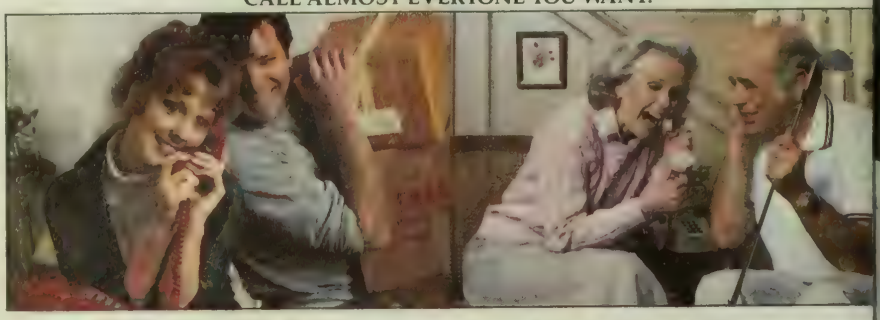
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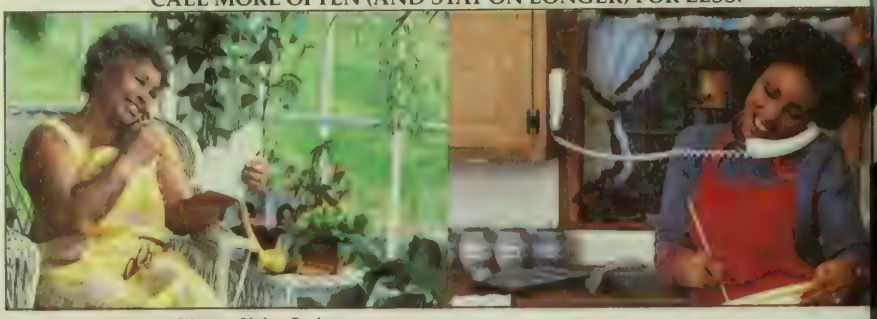
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Dallas/ Atlanta	5 pm-11 pm	15 min	$3.87	$5.42	$2.63	32-51%
Denver/ Baltimore	11 pm-8 am	5 min	$ .93	$2.48	$ .71	24-71%
Reno/ Chicago	11 pm-8 am	15 min	$2.63	$4.18	$2.12	19-49%
Cinn./ Norfolk	8 am-5 pm	6 min	$2.77	$4.32	$2.24	19-48%

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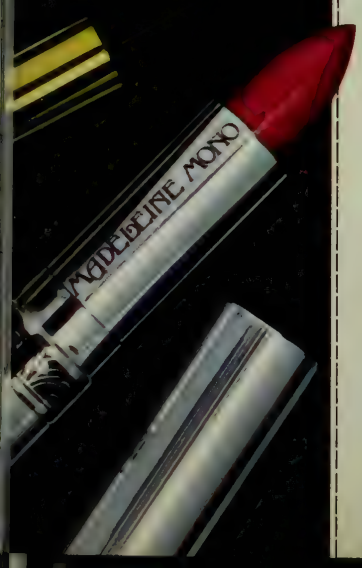
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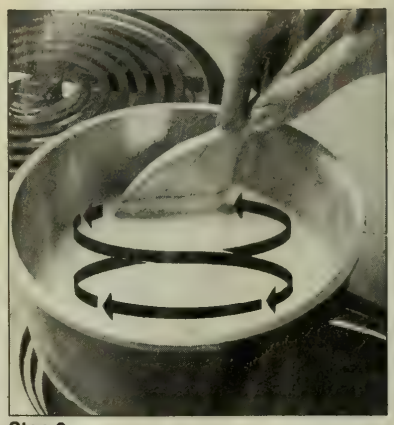
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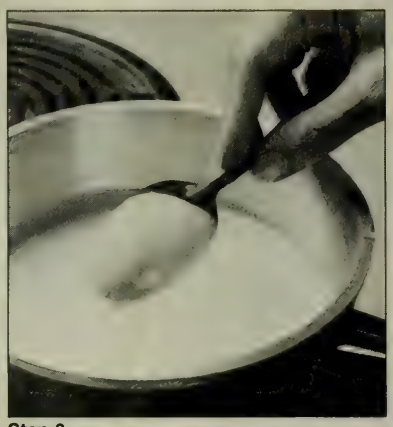
Perfect Stirred Custard



Step 1



Step 2



Step 3



Step 4



Step 5

Want a dessert that's versatile, nutritious, elegant, delicious, and quick to boot? Try stirred custard.

The secret to making stirred custard is controlling the heat as you cook. Often that requires a double boiler, but for our stirred custard recipe, only a standard saucepan is needed. Simply follow the photographs and instructions below and you can count on perfect results every time.

STIRRED CUSTARD

If you like, you can stir in 1 to 2 tablespoons of your favorite liqueur at the end of Step 3. This dessert is equally tasty served solo or as a sauce over fruit or cake slices—

3 slightly beaten eggs
2 cups milk
¼ cup sugar
Dash salt
• • •
1 teaspoon vanilla

Step 1: In a heavy saucepan combine the eggs, milk, sugar, and salt. Use a rotary beater to thoroughly blend the ingredients. (If you like, substitute 2 egg yolks or 2 egg whites for each whole egg. This is a good way to use extra yolks or whites.)

Step 2: Cook the egg mixture over medium heat. With a wooden spoon stir the egg mixture with a figure-eight motion. This ensures even cooking and prevents the custard from sticking or burning on the bottom. Total cooking time will be about 12 minutes. (Or you can speed the process by cooking the mixture over high heat the first 3 to 4 minutes, then reducing the heat to medium and cooking the mixture till it's thickened.)

Step 3: Continue cooking the egg mixture till it thickens and coats a metal spoon. Mixture should *not* reach a simmer. To test for thickness, dip the spoon into the egg mixture; the mixture should drip off the spoon, leaving a creamy coating. The coating should hold its shape when you wipe a finger across the spoon. Use a clean spoon for each test.

Step 4: Immediately pour the cooked custard into a bowl; set the bowl inside a larger bowl filled with ice. (Pouring the custard out of the saucepan prevents the custard from curdling and speeds cooling.) Stir in the vanilla. Continue stirring gently for 1 to 2 minutes to hasten cooling.

Step 5: To prevent a skin from forming on the top of the custard, carefully place a piece of clear plastic wrap or waxed paper directly on the surface of the custard. Chill custard thoroughly. Makes 4 servings.

Chocolate Custard: Add ⅓ cup *semisweet chocolate pieces* to milk, sugar, and salt in saucepan. Heat and stir till chocolate melts. Gradually stir chocolate mixture into slightly beaten eggs. Return all mixture to saucepan. Continue cooking as directed in Step 2 and Step 3. After pouring custard into a bowl (Step 4), beat with rotary beater to dissolve any flecks of chocolate.

Coffee Custard: Prepare Stirred Custard as directed *except* dissolve 1 tablespoon *instant coffee crystals* in 1 tablespoon *hot water* and add to the egg mixture.

Photographs: Mike Dieter

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TUNA MELT Spread tuna salad on Triscuit wafers. Top with your favorite cheese and bacon strip. Bake in preheated 375 F oven, 5 to 7 minutes, until cheese melts.



TRISCUIT RECIPE CONTEST
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BUILDING

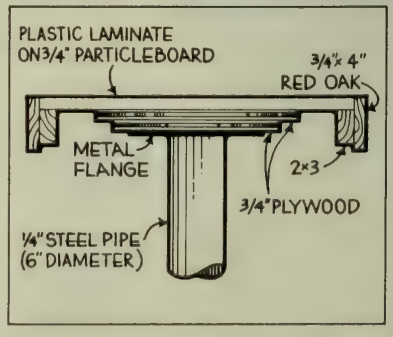
A Cantilevered Table You Can Build



When the Cooney family of five sit down to a meal, no one has to straddle a table leg. Their cantilevered kitchen table allows all five Cooneys to sit comfortably. You can build a table like this one in just one weekend. Here's how.

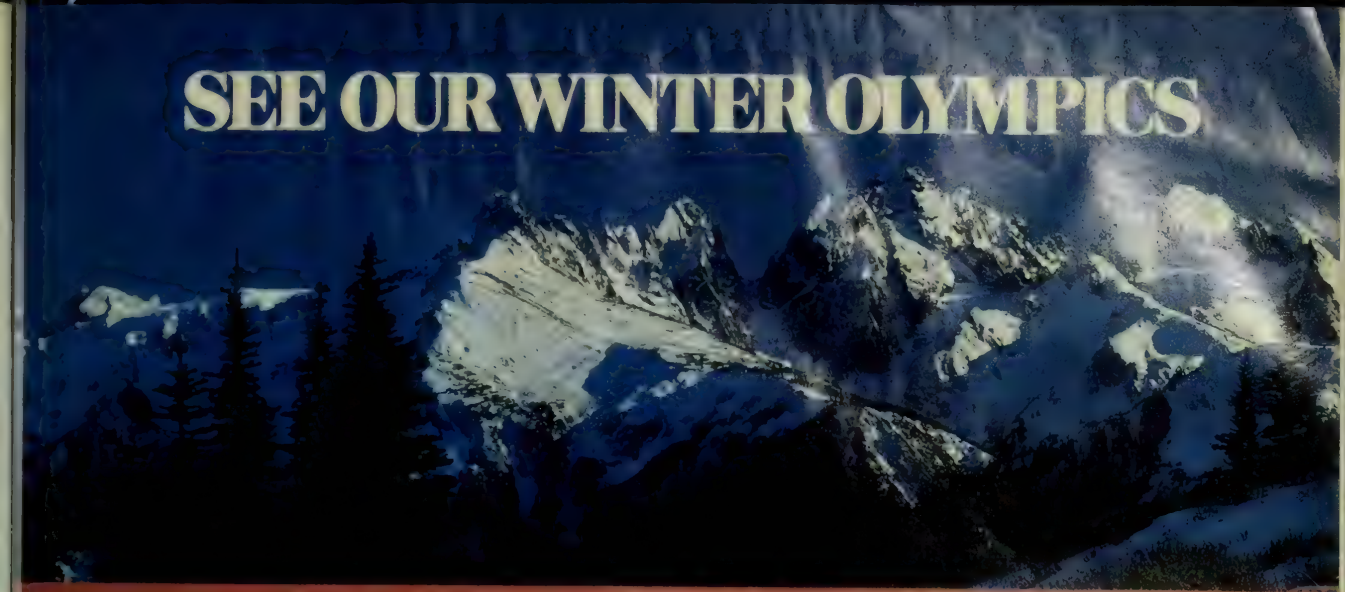
The tabletop measures 30x66 inches and stands 29½ inches high. It was built from ¾-inch particleboard and covered with easy-clean plastic laminate. An apron of ¾x4-inch red oak lumber, mitered at the corners, trims the table and hides the 2x3s that give the table longitudinal strength.

A ¼-inch-thick steel pipe, six inches in diameter, supports one end of the table. You could place this vertical support beneath the center of the table, or (as the Cooneys did) recess it about 16 inches from the end of the table. The metal leg was soldered to an eight-inch-square metal flange plate. Then the flange was screwed to the underside of the table through ¾-inch plywood spacers (see drawing). The opposite end of the table rests on a 2x3 cleat secured to the wall with lag screws. The lag screws are driven directly into the wall studs.



The Cooneys use their table for more than dining. "It's a great place for our whole family to work on crafts projects together," said Mary Cooney.

Photograph: Hopkins Associates. Architect: E. Eugene Young, AIA. Field editor: Jeanne Eblen





It doesn't really matter when you see them. Because Washington State's Olympic Mountains are game whenever you are.

At their feet, you can walk through an ancient rain forest. Come home to a crackling fire in a cabin overlooking unspoiled Pacific beaches. And ride the largest ferry system in the country—a system that takes you from unbeaten paths to downtown Seattle or Tacoma in less than an hour.

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In just a few more hours, you could be cruising up the spectacular Columbia River Gorge. Riding horseback through the real West. Or soaking up the sun on a cool, clear Eastern Washington lake. And when the sun goes down, the lights come up in gourmet restaurants, world-class hotels and lively nightspots.

Everything in Washington State is surprisingly close to everything else. So you can have an eventful vacation—and even see the Olympics—without making a marathon of it.

For more information and a free color brochure, write the Washington State Department of Commerce, 101 General Administration Building, Olympia, WA 98504. Or call toll-free 1-800-541-WASH. (In-state call 1-800-562-4570.)

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DECORATING

Whimsical Potting Places





One way to make a home gardening work area as pretty as your plants is to paint it creatively. Here, colorful trompe l'oeil and stenciling provide decorative wall treatments that customize small potting corners.

An appropriate trompe l'oeil of a garden bouquet on a shelf *(top)* adds distinction to this plant area. The flowers and the white duck and chalkboard nearby are only painted-on imitators, but the straw hat is real, adding another touch of whimsy to the area.

Pastel colors and a lacy lattice stencil transform this previously dark corner *(above)* into a cheerful spot for plant care. To keep the designs in proportion, a large-scale motif trims the ceiling line, and a smaller one frames the window.

If you're artistic, you might try your hand at trompe l'oeil and stenciling. Or, you can contact professional artists in your area for custom work.

Photograph: Top, Steve Fridge. Location: Palo Alto Decorator's Showcase
Design: Joyce Cook and Irene Sohm. Field editor: Barbara Cathcart
Photograph: Above, Jessie Walker. Location: Designers Showhouse
Design: Ann Hooe

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And you thought this was just a can of olives.



FOOD

Plantain Specialties

If you've never tasted plantains, it's time you did. Folks who live in tropical countries can attest that plantains make great eating! Although the plantain is a fruit (it's the greener, thicker, and longer cousin of the banana), it's used as a vegetable and is never eaten raw. Instead, plantains are baked, broiled, or fried much the way potatoes are. Plantains can be found in the produce section of large supermarkets and should be stored at room temperature. To introduce your family to the pleasures of plantains, try these two extra-special recipes.



LAMB-PLANTAIN KEBABS

Precook the plantain chunks in water so that they can broil to the right doneness with the meat—

- 1 cup water
- ¼ cup dried apricots
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 2 tablespoons cooking oil
- 2 tablespoons white wine vinegar
- 1 tablespoon sugar
- 1½ teaspoons curry powder
- ½ teaspoon salt
- ⅛ teaspoon ground red pepper
- 1 pound lamb, cut into 1-inch cubes
- 3 medium plantains, cut into 1-inch chunks

Hot cooked rice

Combine water and apricots; cover and simmer till tender. Place apricot mixture in blender container or food processor bowl. Cover and process till smooth. In a saucepan cook onion and garlic in oil till onion is tender but not brown. Stir in apricot puree, vinegar, sugar, curry powder, salt, and red pepper. Cook and stir 1 minute. Place lamb cubes in bowl; pour apricot mixture over meat. Cover and refrigerate overnight, turning the meat occasionally.

In a saucepan cook plantains in a small amount of water about 3 minutes. Drain well. Drain apricot marinade from meat cubes and reserve. To assemble kebabs, thread meat cubes and plantain chunks alternately on skewers. Broil kebabs 4 inches from heat for 10 to 12 minutes or till meat is a medium doneness, turning kebabs and brushing with apricot mixture occasionally. Heat the remaining apricot mixture to pass with kebabs. Serve immediately over hot cooked rice. Makes 4 servings.

CARROT-PLANTAIN SOUP

The flavor of this soup is reminiscent of East Indian foods—

2½ cups water
3 medium carrots, cut up
1 medium plantain, cut up
1 medium onion, cut in eighths
1 teaspoon instant chicken bouillon granules
½ teaspoon salt
½ teaspoon ground ginger *or* ¼ teaspoon curry powder
⅛ teaspoon white pepper

• • •

1 cup light cream
1 tablespoon snipped parsley
Plain yogurt

In a large saucepan combine water, carrots, plantain, onion, instant bouillon granules, salt, ground ginger or curry powder, and white pepper. Cover and simmer for 10 minutes or till vegetables are tender. Place *half* of the cooked mixture at a time in blender container or food processor. Cover and process about 1 minute or till smooth. Repeat with the remaining mixture. Return all pureed mixture to saucepan; stir in the cream. Cover and heat through. Ladle into soup bowls. Sprinkle each serving with snipped parsley and dollop with yogurt. Serves 8.

Photograph: Mike Dieter

Surprise! It's an Early California Hot Air Balloon.

Prepare the recipe that'll rise to any occasion. And be sure to use Early California Ripe Olives. They're the ones that are processed promptly so they're firmer and tastier. Maybe that's why a lot of people like to eat them just by themselves.

Early California Hot Air Balloon

Ingredients:
6" x 8" egg-shaped styrofoam
12" wooden dowel
Three 36" pieces of twine
Tin can
Aluminum foil
Plaster of paris
3 cans extra large pitted Early California Ripe Olives
Curly lettuce or mustard greens
Choice of cherry tomatoes, cheddar cheese cubes, bay shrimp, etc.

Directions:
Cover styrofoam with foil. Push styrofoam onto 12" wooden dowel which has been secured in a tin can with plaster of paris. Place can in decorative basket.

Wrap balloon with curly lettuce or greens. Using three 36" pieces of twine, drape over balloon to form 6 sections. Secure at top of balloon and onto rim of basket with straight pins.

Using ropes as guidelines, skewer balloon with toothpicks. Place olives on toothpicks in rows as shown. Fill other toothpicks with your choice of fingerfood.

For other good ideas, send for our free recipe booklet. Early California Foods, 10960 Wilshire Blvd., Suite 500, L.A., CA 90024.

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Desks That Work Overtime



Besides providing a place for paper work, a desk can perform a number of other tasks. Take the handsome writing and rolltop desks shown here, for instance. One works overtime as a handy sofa table in a seating spot, while the other doubles as an attractive headboard. Both of these versatile desks offer the quality construction and classic styling that assure lasting value.

This writing desk *(above)* provides a pleasant backdrop for a sofa, while also serving as a handy place to read and do paper work. When cleared and protected with a cloth, the desk becomes a perfect spot for casual dining or a buffet for parties. The desk is decorative as well as versatile; its cabriole legs and honey-colored finish add warmth to the room scheme. *By Pennsylvania House*

Although traditional in style, this dark pine rolltop desk *(right)* adapts well to contemporary uses. Here it not only offers storage and work space but also acts as a headboard. Pillows can be propped up against the back of the desk for reading, and books can be stashed on the upper shelf. *By Riverside*



Photograph *(top)*: Scott Little. Design: Karol Brookhouser-
Photograph *(right)*: Mike Dieter. Design: Karol Brookhouser

There's one word for salmon this pure, this firm, this delicious: Libby's.



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Libby also knows that salmon chosen with such high standards is sure to turn any appetizer, entree or other recipe into something very special.

And the Pacific Salmon Salad shown here is just one savory way to serve Libby's Salmon.

Pacific Salmon Salad

Chill can of Libby's Pacific Sockeye Red Salmon. Drain. With fork, separate the salmon into flaky, bite-size pieces. Line salad plate with assorted greens. Arrange avocado slices, hard-cooked egg quarters, Libby's Pitted Ripe Olives, cucumber slices and cherry tomato halves over greens. Mound salmon in center of plate, sprinkle with green onion slices. Garnish with fresh dill or watercress. Serve with buttermilk ranch style salad dressing.





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CRAFTS

Needlework Associations

Would you like to join an organization that supports your interest in needlework? Perhaps you would like to learn an exciting new craft from a master craftsman. There is so much more to crafting than knowing how to do basic stitches. The selection of high-quality and interesting materials can be as important to the finished project as the needlework itself.

Here are four well-established national associations that are worth looking into. All four organizations promote the art of fine embroidery and needlepoint through classes, seminars, workshops, and exhibits. For more information on the many services provided by these organizations, write to the following addresses.

Embroiderers' Guild of America
6 East 45th Street, 13th Floor
New York, NY 10017

Membership in the guild is open to anyone, either through the national office or through local chapters. An annual membership costs $12 and includes a subscription to *Needle Arts.*

Classes in crewel, needlepoint, pulled thread, metal threads, and creative stitchery are offered throughout the year. Teacher certification and master craftsman programs also are available.

A national membership seminar is held once a year, and regional seminars are sponsored by local chapters.

Center for the History of American Needlework
Old Economy Village
14th and Church Streets
Ambridge, PA 15003

The Center for the History of American Needlework is dedicated to the preservation and maintenance of all forms of American needlework and textiles. An annual membership costs $10 and includes a subscription to the newsletter, published four times a year. Membership fees help support programs sponsored by the Center.

Members have access to an extensive library and slide collection.

National Standards Council of American Embroiderers
3728 Greysolon Road
Duluth, MN 55804

The National Standards Council of American Embroiderers (NSCAE) is a nonprofit organization dedicated to the promotion of embroidery and needlework as an art form.

There are approximately 80 local guilds nationwide that sponsor correspondence courses in beginning, intermediate, and teacher-level needlework.

American Needlepoint Guild
Box 700
Fort Sumner, NM 88119

The American Needlepoint Guild, which has local chapters throughout the country, specializes in needlepoint design and technique. The guild often sponsors large projects that are stitched by guild members and then donated to various causes. A national meeting is held once a year with a schedule of workshops and exhibits.

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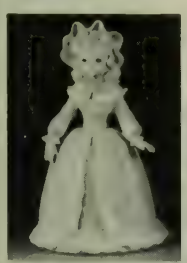
by Ann Lively



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Charming music box
From the "Christopher Collection" a 7" high, hand-painted pink bisque figure with a music box in the base. "Love is a Many Splendored Thing" is the song played. Limited quantities avail. $26.95 + $2.50 post. Overseas China Inc., Dept. BH-4, 1328 Merchandise Mart Plaza, Chicago, IL 60654 (1-800-621-6870).

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An alternative to wallpaper or a plain painted wall. Six other patterns available beside one shown. Washes easily, repaint to change the color. In rolls 26½" wide by 11 yards long. One 33 foot roll $16.95. 48 page catalog $2. Renovator's Supply, Inc., Dept. BH-4, 2603 Northfield Road, Millers Falls, MA 01349.



How To Order Material From The Magazine

Editor's Choice!

Collars and Cuffs (See page 107): Choose from "Roses and Bows" design or "Roses" design. Kits are complete to create one collar and set of cuffs in counted cross-stitch. Kits contain 22-count cotton hardanger cloth, cotton floss, ribbon, needle, diagram and instructions.

Renoir Needlepoint "Portrait of a Girl" (See page 105): Create this piece for living room or bedroom. Kit contains 10-mesh canvas, wool yarn, and instructions to complete this 9½" x 12" wall hanging (frame not included).

Roses Footstool: Choose from a kit to make the 13"-diameter footstool cover; a kit for the cover plus the walnut footstool; or a full-size needlepoint chart for the cover. Kits contain 12-mesh canvas, wool yarn, needle, chart, and instructions.

Doll Quilt (See page 105): Embroidery kit contains fabric for quilt top, embroidery floss, needle, and instructions. You choose backing fabric and eyelet lace to complete this 19"x21" project. Also available as a full-size pattern.

Bread and Cake Decorating Kit (See page 117): Kit includes plastic-coated cloth decorating bag with plastic coupling, 6 metal decorating tubes. (All metal parts are rustproof).

(A) Melon Mold (See page 114): Make fancy breads with this mold in melon shape. 5½-cup capacity.

(B) Cutters (See page 118): Set of 8 cutters includes 4 different sizes with round edges and 4 with serrated edges. Sizes range from 1⅞" diameter to 3" diameter.

(C) Mini Muffin Pans (See page 116): Bake up to 24 bite-size muffins or cupcakes at one time. Set includes 2 easy-care aluminum pans plus 150 colorful baking cups!

(D) Flan Rings (See page 117): Make perfectly round crumpets every time with this set of 4 rings.

(E) Bisque Baby Doll: Add this replica of the famous antique doll to your collection. Kit for 14" doll includes bisque doll head, arms and legs, body fabric, step-by-step instructions, and pattern as shown above. Christening Dress pattern is available separately.











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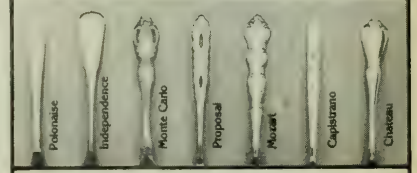
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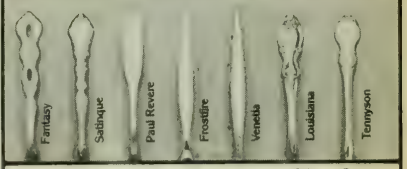
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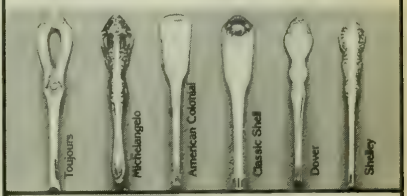
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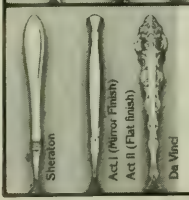
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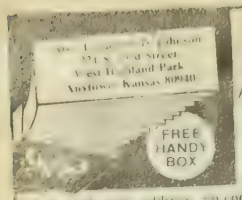
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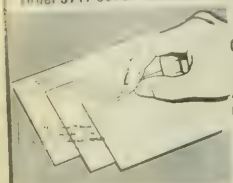
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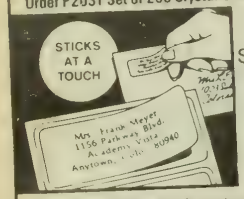
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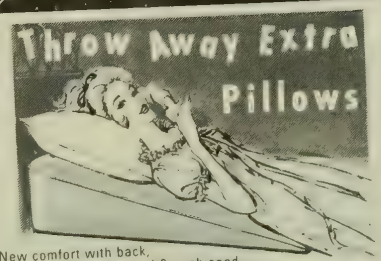
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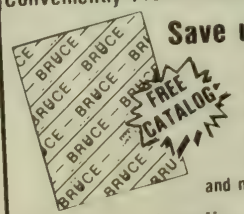
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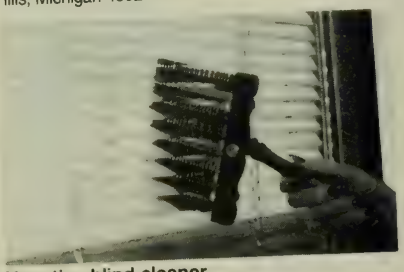
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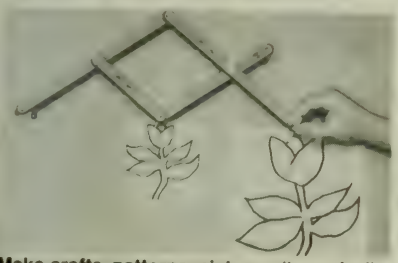
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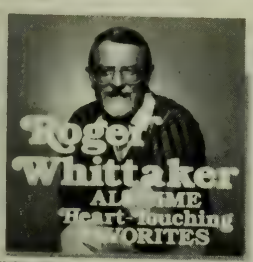
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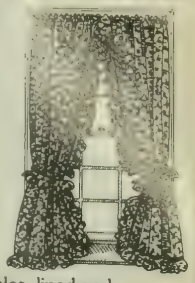
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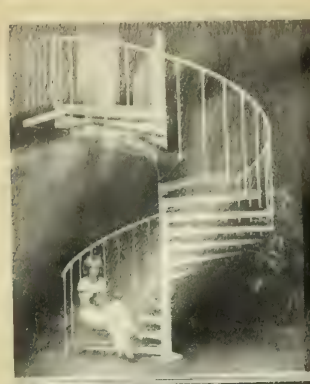
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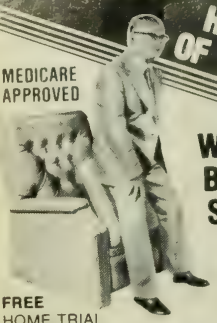
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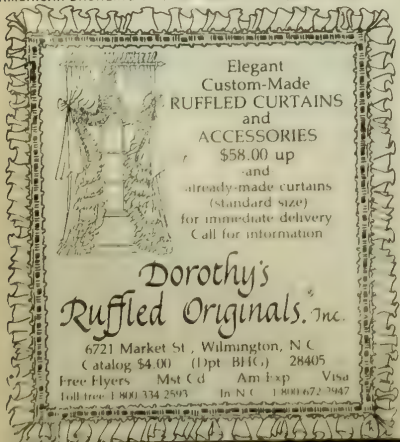
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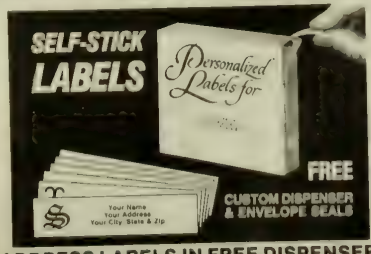
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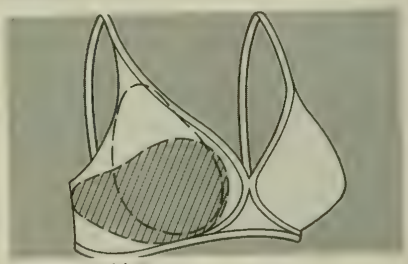
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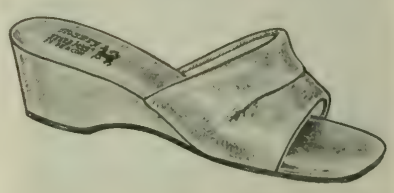
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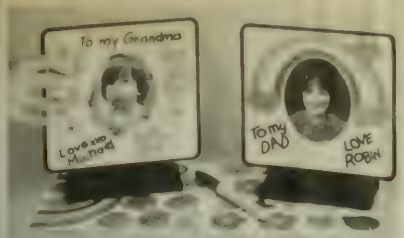
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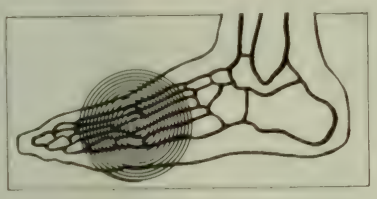
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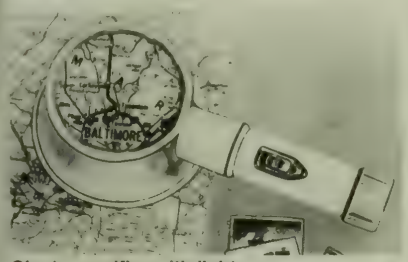
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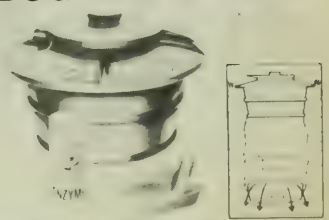


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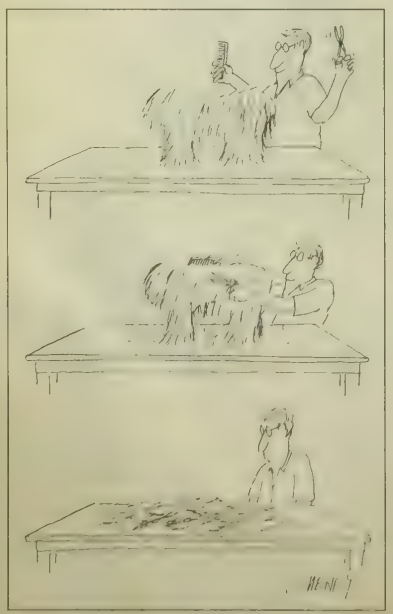
A word to the wise may be sufficient, notes Aunt Alice, but unfortunately most folks can't stop at just one.

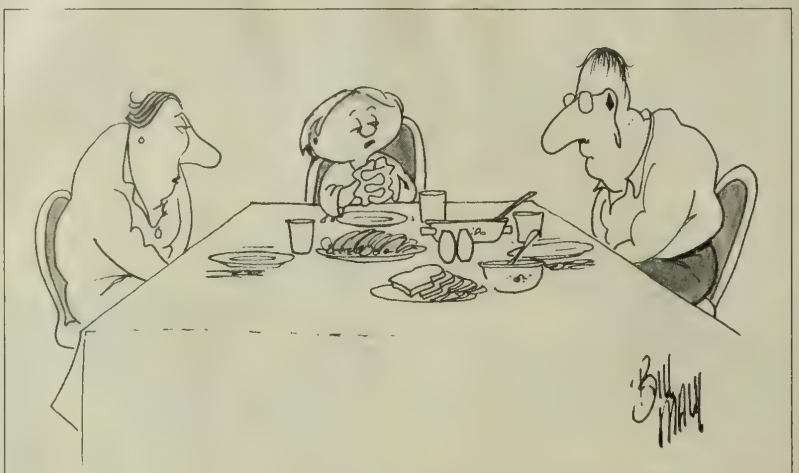
This being the season for presidential primaries and straw polls, Ed Bell is encouraging his fellow undecideds to "stand up and make their shrugs known."

The tired jogger's prayer, according to Sam Holmes at the Y, goes something like this: "Give us this day our daily breath. . . ."

Betty Bigley says she hasn't used a stopwatch to confirm her suspicion, but she's convinced that the traffic light downtown stays red for about ten minutes and green for about 30 seconds.

Chris, who works at the library, calls them the "hearts" and the "throbs": the one-track borrowers who can't wait for the latest romances or mysteries to hit the shelves.





"And . . . with the obvious exception of the squash casserole . . . bless this food."

Reminiscing about the good old days can be pleasant once in a while—if nobody happens to be a stickler for accuracy, Grandma Hillis observes.

Father-of-the-bride Ken Floyd says it's true that two can live as cheaply as one—just as long as both sets of parents are employed.

In the fine art of flattery, muses Elaine Cowan, nothing succeeds like excess.

"The way I see it," notes Midge Filkins at our office, "most of the trouble with computers is caused by people who haven't yet mastered paper and pencil."

Hmm . . . after witnessing our cat's reaction to the mouse in the basement, I wonder if it's time to enroll Mittens in an assertiveness training class.

After scouting this season's competition, Judy reports her baseball coach is planning to spend a lot of time on fundamentals—most notably prayer.

Liz Randall, the mother of five active youngsters, says that while others may talk of spring cleaning, she just hopes for a clean spring.

Chris just finished scanning yet another of those books that purports to rate the best places to live in the U.S. The considerations are varied: cultural, educational, and medical facilities, climate, size, and so forth.

I've no quarrel with the authors of such books, but I seriously doubt that most folks decide where they are going to spend their lives the way they pick a motel from a vacation guidebook. At any rate, our town wasn't mentioned in any of those surveys, and I must admit I'm not totally surprised.

We wound up here when I was offered a job with a local firm after college. My pal Dick Dresch claims he chose our town for his pharmacy because some of the best bass fishing in the state is just down the highway. Liz Randall recalls that she and Ed "discovered" our town when their station wagon broke down here on a vacation trip 18 years ago.

Nell Watson, who's been here for more than 60 years, says she's always loved this place for one reason above all others—the warmhearted folks who live here. I'm inclined to agree. Neighborliness and caring aren't things you'll find rated in any of those guides, but if they were, I'm sure we'd come out on top.

Burton Hillis

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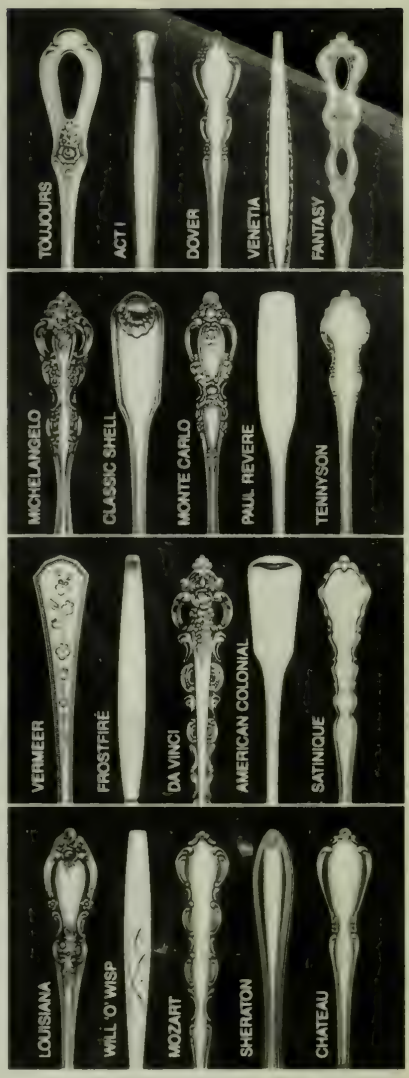
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We believe that America deserves a clean cleanser. On that, we shall never compromise.

As a small company competing with giants, we need your help. Even your moral support.

If you're with us, tell it to our president. Write to Gordon T. Beaham III, Faultless Starch/Bon Ami Company, 1025 West 8th St., Kansas City, MO 64101 Thanks.

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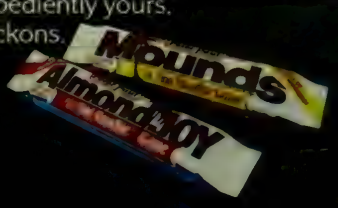


THE COCONUT OF ALMOND JOY AND MOUNDS. TASTE IT AND FIND PARADISE.

Unwrap a Mounds or Almond Joy and therein lies paradise. Bite into the naturally sweet, snowy-white coconut. Coconut enriched by the dark chocolate of Mounds. And the almonds and milk chocolate of Almond Joy. This is paradise.

PLAY THE "FIND PARADISE" GAME.

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Good Housekeeping PROMISES
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This seal applies to all Howmet Patio Cover components not installation

For almost fifty years, Howmet has been bringing added happiness to America's families. By manufacturing a wide variety of products which protect you from the elements, we have been able to increase both the quality and quantity of your recreational hours.

You have responded by making us one of the nation's leading producers of screen rooms, patio covers, carports and awnings.

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So look for your nearest authorized independent Howmet dealer in the Yellow Pages, or write direct to Howmet for a free full-color brochure showing a variety of patio cover, screen room and carport ideas.

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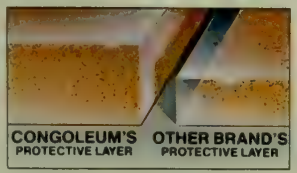
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The squirt bottle always works when it shouldn't.

So pick Congoleum with Chromabond. It resists more household stains better than the competition's inlaid floors.



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Kings 4 mg "tar," 0.3 mg nicotine – Kings Men 3 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Mar.'83

What's Happening

SUN KING VISITS WEST

A stunning exhibition from France, "The Sun King: Louis XIV and the New World," opens April 29 at the Louisiana State Museum in New Orleans to coincide with the 1984 Louisiana World Exposition. "The Sun King" will remain on view there through November 18, and then will travel to the Corcoran Gallery of Art in Washington, D.C. (December 15 through April 7, 1985).

"The Sun King" features furniture and decorative arts from Versailles,



portraits of Louis XIV *(above)* and key figures in his court, tapestries, prints and engravings, and objects in gold, silver, and ivory. It explores the political, religious, and artistic settings in which the Sun King came to power and prominence, not only in Western Europe, but also in America as ruler of the vast French colonial empire.

Most of the 200 exhibition objects have never been on display outside of Europe, though many are world renowned, such as the bronze doré "Apollo Mask," the manuscript of the Treaty of Utrecht, and the tapestry "Louis XIV Visits Gobelins."

Photograph: Collection Musée National du Chateau de Versailles, Photo Cliché Musées Nationaux

SNAP TO IT AMERICA!

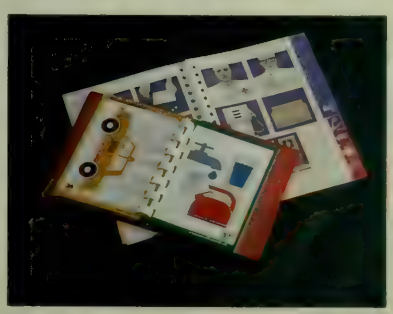
National Photo Week is May 7-13. You'll find local and national photo contests, photo exhibits, and newspaper articles with how-to tips. Best news for shutterbugs will be the specials on film, developing, cameras, and equipment which retailers, photo finishers, and manufacturers will be offering.



INTERNATIONAL LANGUAGE

There's a new universal language for communicating when traveling in a foreign country. It comes in the form of picture books called *Unipix* and *Trip Talk*. Both books are done in colorful art and are divided into color-coded categories—people, places, things, food, entertainment, health, and emergencies. Pages illustrate requests for police, doctor, newspaper, bandages, toothpaste, coffee, film, airport, bed, taxi, and many more everyday needs.

Trip Talk is available at department stores, travel agencies, and bookstores, or can be ordered for $14 from Zanmar, Inc., Dept BH, 43 Lincoln Ave., Orange, NJ 07050.



Unipix: Universal Language of Pictures is available for $8.95 from Imagin-art Press, P.O. Box 1868-BH, Idyllwild, CA 92349.

SHADOWING THE ECLIPSE

Old Sol plays peekaboo on May 30 during an annular eclipse (meaning most, but not all, of the sun will be obscured by the moon). The eclipse will be most distinct in the Southeastern states, but will be viewable in every state except Alaska.

The National Society to Prevent Blindness warns against looking at an eclipse directly, even when the sun is almost entirely obscured. Doing so can cause permanent vision loss. Sunglasses are no precaution. The NSPB recommends that people either watch the eclipse on TV or use the "indirect method." Stand with your back to the sun and observe the sun's image focused through a pin hole in one sheet of paper onto another sheet of paper.

GET SOMETHING FREE FROM UNCLE SAM!

The government takes, and the government gives away—their Consumer Information Catalog. This 15-page catalog is packed with lists of pamphlets, booklets, and maps that you can order either for free or a small fee (50 cents to $5). Categories include

continued

child development, employment and education, food, gardening, health, money management, housing, travel and hobbies, and consumer guides.

One of the latter that we recommend is the free Mail Order Rights pamphlet that tells you about your rights when you order by mail and how to complain if not satisfied with the products.

Send your address and request on a postcard to: Consumer Information Center, Dept. MR, Pueblo, CO 81009.

GUARDRAIL LIFESAVER

Roadside guardrails stop many a vehicle from careening off the road, but the sudden impact of a moving car hitting an immovable rail can be dangerous itself. To remedy that problem, a new guardrail end, called Sentre, has been designed to bring an out-of-control car to a gradual halt, rather than a sudden stop. Sentre consists of panels that telescope when struck head on by a car, posts that give way under force, and boxes filled with sand to help absorb impact. The components are reusable. After an accident, a crew of three can reset the unit in less than two hours.

The first Sentres have been installed on major highways around Dallas. Other states are considering Sentres.

AND THE WINNER IS . . .

More than 10,000 *Better Homes and Gardens* readers (representing all 50 states plus Puerto Rico, Bermuda, Japan, Canada, and Sweden)



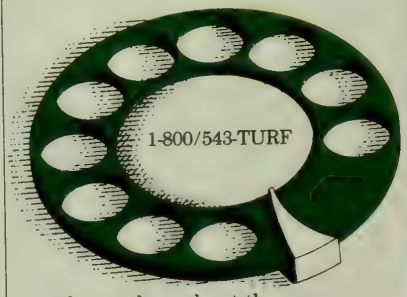
vied for $13,000 in cash prizes in our "America's Favorite Rooms" decorating contest announced last October.

Who are the winners? Where do they live? And how do their favorite rooms look? We've notified them all, and in the October and November issues of *Better Homes and Gardens*, we'll show you the top three winners plus the ten runners-up.

Each winning room offers fresh, homey decorating ideas you can adapt to turn any space into your own favorite room.

GROW A LUSHER LAWN

Get quick answers to your lawn and garden problems from the O.M. Scott & Sons Consumer Service Department via a toll-free number. Just dial 1-800/543-TURF (in Ohio the number is 1-800/762-4010) Monday through Friday during regular business hours throughout the year.



Scott also owns the W. Atlee Burpee Company, so you can ask questions about your flower and vegetable garden problems as well.

HELLO, PAPER BOTTLE

A quiet revolution in packaging is bringing new convenience to on-the-go families. Ready-to-serve beverages are being packaged in paper cartons rather than more expensive glass or plastic bottles. The aseptic packages consist of layers of paper, polyethylene, and foil. Products available in the cartons include Del Monte's Hawaiian Punch, Coca-Cola's Hi-C line, and Ocean Spray's Ready-to-Drink line.

The FDA-approved aseptic packaging involves sterilizing the food and the package separately before the food is packed. The result is an airtight package that requires no refrigeration or freezing, with a shelf life of six months or more—a boon for hikers, campers, and others enjoying outdoor activities as well as for households where refrigerator and freezer space is limited.

NEXT MONTH IN BH&G



OUTDOOR PROJECTS TO SPRUCE UP YOUR YARD

Just in time for summer, here's our best-ever collection of 20 outdoor projects you can build. There are delightful play structures, dandy decks and deck projects, graceful arbors and gazebos, hot tub surrounds, barbecue centers, and wonderful solutions for problem spots.



EXQUISITE BABY GIFTS

Many of our extra-special gifts, like the cross-stitch bib on this baby, a christening bonnet and dress, and a baby quilt are to make. The others are choice items you can buy.

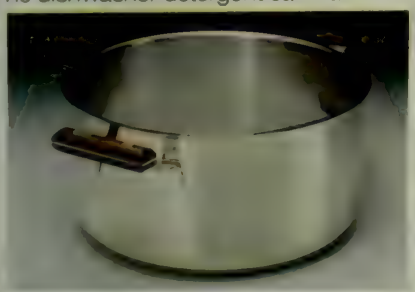
AND . . . Full-Size Comfort for Compact Bedrooms . . . Restyle Your Kitchen on a Tight Budget . . . Step by Step to Building Railings and Fences . . . Finding the Best Day Care for Your Child . . . Recipes from the Tropics . . . and more!

CAN SOMETHING THIS BEAUTIFUL BE PRACTICAL?

To answer merely "yes" is an outright *under*statement.

Cuisinart® Commercial Stainless Cookware, designed to withstand the rigors of professional restaurant use, can take an awesome amount of everyday cooking and cleaning punishment.

Its high luster won't fade. Ever. It is easy to clean—just wash with detergent and water, with an occasional touch from a plastic scouring pad. And no dishwasher detergent can harm it.



After 10 years of heavy use, this Cuisinart pot (from our first cookware collection) is almost as beautiful as the day it was new.

You will find Cuisinart Commercial Stainless Cookware to be the most rugged, durable, practical cookware you have ever owned. You will also find it comes with a virtually unheard of 50 year warranty.

A PERFORMANCE THAT LIVES UP TO THE NAME CUISINARTS.

We believe our Commercial Cookware to be the finest cooking utensils ever created.

The specially constructed sandwich bottom (a thick copper disc inlaid between two layers of stainless steel) distributes the heat quickly and evenly, sideways as well as upwards. This eliminates hot spots and provides constant heat over the cooking surface.

Meats brown evenly. You can use the same pan to cook lacy crêpes, omelets, hamburgers, steaks or chops. Stews, risottos, ragouts, paellas can be started over a burner, then continued in the oven. And the absence of hot spots minimizes the risk of curdling and scorching when preparing sauces and other exacting combinations.



FOR MORE INFORMATION.

For easy and interesting buffet recipes, and more information on both our Commercial and Original Cookware Collections, our food processors, cookbooks and magazine, "The Pleasures of Cooking," write: Cuisinarts, Inc., 411 (E) West Putnam Avenue, Greenwich, CT 06830.

Cuisinart®
Stainless Cookware

For a store near you, call toll free: (800) 243-2996.

To Mom

This Mother's Day, give Mom a memory she'll treasure.

She's been your best friend. Someone special to tell your secrets to. Someone who has always cared.

She's shared your victories and mended your broken heart. She said, "I believe in you."

This Mother's Day, tell her "I love you" with a gift from Hallmark.

Hallmark has a variety of ways to help you express the love you feel in your heart. So where Hallmark cards are sold, you can find a very special present for a very special Mom. Yours.



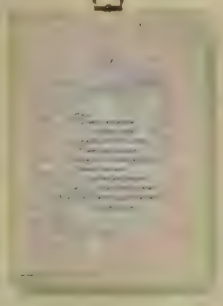
Our new musical cards will put a song in Mom's heart! They're a truly special way to set your feelings to music, and each has its own popular tune. $7.00 each.

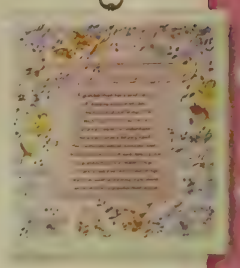


Hallmark stationery is always a thoughtful gift. And it's a great hint for Mom to keep sending those letters that make you smile. $5.25.



A Hallmark photo album lets you share the special memories again and again. $18.00.





There's a plaque with a thought that's perfect for Mom or Grandma. $8.00 each.

This year, Mother's Day is May 13. Don't forget to let Mom know how special she is with a gift from Hallmark. You'll show her how much you care. And give her a memory she'll always treasure.



Hallmark gift wraps, ribbons, bows and gift tags make Mom's present special even before she opens it.

Hallmark

When you care enough to send the very best.

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Margaret Daly

Getting The Most From Your Home Improvement Dollars

Home improvements can be a major investment, but there are a number of ways to make sure you get the most for your money. Here's an update on developments in several key areas.

A new source of remodeling funds

The best way to finance a major remodeling may be with a new kind of loan—a revolving line-of-credit deal that's figured against the equity in your home. A growing number of banks, thrift institutions, finance companies, and brokerage firms now offer these loans, which can be used for a number of purposes other than home improvements.

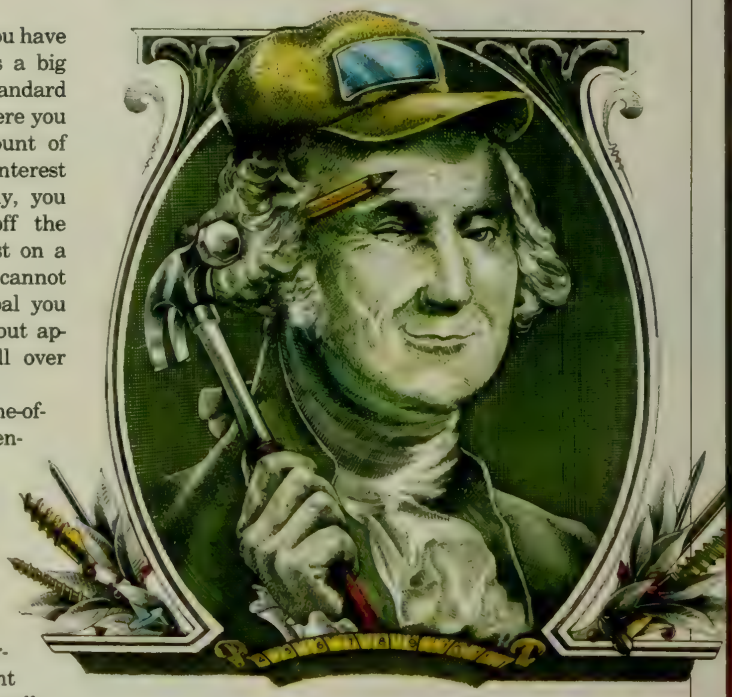
Presuming that your income and credit history meet the lender's standards, you generally can borrow up to 75 percent of the current appraised market value of your home, minus the outstanding amount of your mortgage. Say your home is valued at $90,000, and you owe $40,000 on the mortgage. Your maximum line of credit would be $27,500 (75 percent of $90,000, minus the $40,000 mortgage).

The loans work something like a credit card or charge account. You may be issued checks to draw on your line of credit when you wish. Or, you may do your borrowing with a credit card or through a toll-free number.

Once your line of credit is approved, you can draw against it up to the maximum, and you're charged interest only on what you have actually used. That's a big advantage over a standard second mortgage, where you receive the full amount of the loan at once and interest is figured accordingly, you always must pay off the principal and interest on a set schedule, and you cannot reborrow the principal you have paid back without applying for a loan all over again.

Interest rates on line-of-credit equity loans generally run about 2 percent above the prime rate, and they change accordingly as the prime rate moves up or down. With the prime at, say, 11 percent, a 13-percent home equity loan is well below most fixed-rate second mortgages (typically around 16 percent when we went to press) as well as the 18- to 21-percent level of many consumer installment loans these days.

Details vary among institutions: The loan period may be as short as five years or as long as 15. You may be required to repay interest and principal on a fixed schedule, or you may be able to pay just interest until the balance is due at the end of the lending period. Fees should be checked out in detail and compared to those of other institutions. Also find out whether you can pay off the loan early without penalty, as well as what happens if you fall behind in payments or decide to sell your home.



Note: These loans generally are advisable only for major commitments, such as remodeling your home and paying college tuition. Don't use them to take care of a short-term cash crunch or to pay for a vacation. The easy availability of funds can lead you to take on more debt than you really can handle. Remember, your home itself ultimately is at stake.

Homeowners remodeling warranty

The Home Owners Warranty program (HOW) was started ten years ago as the only nationwide, ten-year warranty and insurance program for new homes. Now there's a similar, five-year program for remodeled homes. Begun in January 1983, the program was available a year later through remodelers in 52 locations nationwide. It's a bit early to judge the program's overall effectiveness, but the HOW new-home program's success suggests that the remodeling version will grow.

Originally founded by the National Association of Home Builders, the HOW Corporation is now owned independently by its member builders. The remodeling program is available for single-family residences, town houses, and duplexes. To gain membership, remodelers must meet HOW criteria on such factors as past construction quality, financial stability, and customer relations. Only general contractors are eligible—not

continued

Illustration: Roger Leyonmark



PLAYERS GO PLACES

Low Tar Players.

Regular and Menthol
Kings and 100's



Kings: 12 mg "tar," 1.0 mg nicotine—100's: 14 mg "tar," 1.1 mg nicotine av. per cigarette, by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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It's about time you got financial advice that you could understand.



The Sears Financial Network was created to make sure that everyone could have the chance to get the help they need with their money. No matter who they are or how much they have.

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And now, in more and more Sears stores, there's a Sears Financial Network Center where member companies are together, conveniently, under one roof. Either way, it's time you got the help you need. And in a way you can understand.

The Sears Financial Network. It's about time. It's about trust. It's about you.

Trust us to make it work for you.

SEARS FINANCIAL NETWORK

ALLSTATE
DEAN WITTER REYNOLDS
COLDWELL BANKER
SEARS SAVINGS BANK*

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Home improvement dollars

single-line specialists like roofers or aluminum siding installers.

The HOW home improvement warranty works in stages over five years. During the first year, the remodeler member guarantees the work to be free from defects in workmanship and materials; if there are problems, it's his obligation to fix them. The first-year guarantee includes defects in structural parts that are added or changed, as well as problems with heating, air-conditioning, plumbing, or electrical systems that are replaced or altered.

During the second year, major structural defects and problems with wiring, piping, ductwork, or the mechanical system continue under warranty. The guarantee from the third through fifth years covers major structural defects.

What if your remodeler refuses to live up to his or her obligations? Then the HOW insurance covers repair costs, minus a $100 deductible. Suppose, instead, that you and the remodeler simply cannot agree on whether certain repairs fall under the warranty. In that case, a neutral third party is brought in to help resolve the differences. If you still can't agree, the arbitrator makes a decision, which is binding on the remodeler. You still have the option of taking the matter to court. Should the contractor not live up to the terms of the decision, the HOW insurance takes care of the home and the contractor loses membership in the program.

HOW protection remains in effect for the full five years, even if you, or the subsequent owners, sell the property. Fees are paid by the contractor. The cost will probably be reflected in your contract price, but it's relatively low—for example, $192 for a $10,000 job.

A HOW remodeler is required to give you the five-year protection plan on all jobs over $5,000. For less extensive work, the program is optional, so it's best to discuss the pros and cons with a HOW remodeler.

For further information on the program and whether there's a HOW remodeler in your area, call this toll-free number: 800/854-1111.

"What your house needs is a good coat of snake oil."

In the South, it may be termite control; in the North, waterproofing a basement; anywhere in the U.S., fixing a roof or driveway. What these situations have in common is that they all too often involve fraud—"repairs" made by fast-talking, fly-by-night operators who convince unwary consumers to spend millions of dollars annually on home improvements and repairs that are unnecessary, shoddily done, never finished, or that make a problem worse.

Most often, the victims are elderly, poor, or have a limited knowledge of English. But people who consider themselves savvy consumers are taken in, too. Other likely victims include families in which both spouses work, the parent at home is occupied with family demands, or the homeowner doesn't know much about home maintenance. To protect yourself and other family members, follow these precautions:

- Don't agree to anything on the spur of the moment. Be wary of the fellow who stops by because he "just noticed" that your driveway needs resurfacing and he happens to have enough material left over to do the job cheaply; the high-pressured salesperson who says his offer is a one-day-only special; the person who alludes to some semiofficial capacity and suggests that you may be liable to a fine if a certain repair isn't made immediately.
- Get at least three estimates for any job. Make sure that the bids are for identical work and materials so you can compare prices validly.
- Get names and addresses of the companies and check them out with your local Better Business Bureau, consumer affairs office, or home builders or remodelers association. These offices also may be good sources of information about local rules and regulations, or names of established builders and remodelers in your area.
- Obtain all contract terms and promises in writing. If you have second thoughts about a contract, remember that under federal law you generally have three days to cancel a home improvement contract.
- Inquire specifically about a contractor's liability and workers' compensation insurance. Both items should be adequate to protect you and your property against suits if an accident occurs while the work is going on.
- Don't pay in cash, and don't pay in full until the job is completed to your satisfaction.

Upgrading your insurance

Don't complete a remodeling job without reviewing and adjusting your homeowners insurance coverage. Not only should it reflect the added value of the improvement, it also should cover rising home-building costs generally. Some key considerations:

- The 80-percent guideline. In order to receive full replacement cost for damages, your home must be insured for at least 80 percent of its *replacement value*—that is, what it would cost to rebuild or repair today. If your coverage has slipped below the 80-percent mark, you'll have to absorb not only the deductible portion of your policy, but also a percentage of the loss, based on how much your home is underinsured.
- Inflation guard. With this relatively new and increasingly popular feature, the amount of your coverage is increased automatically to reflect current local construction costs. The premium rises as well. Amounts vary by locale; in a typical midwestern town, if your current premium is $250 a year, the extra 4 percent coverage would cost about $10 a year more.
- Personal property replacement cost. Remodeling often leads to refurnishing, so be sure you're covered. Your furnishings and belongings are automatically insured for an amount equal to 50 percent of the insurance on the home itself, but they're insured for current cash value, not replacement value. Various companies now will insure your personal belongings for replacement cost, within certain limits. The premiums would increase by roughly 15 percent.
- Premium savings. You can limit premium costs and still gain the coverage you need several ways: Raise the deductible you'll pay out of pocket, ask for discounts for such things as fire and burglar alarm systems in your home, compare rates and other terms before signing on with one company.

—By Ann Arnott

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Dan Kaercher

How to Start A Family Fitness Program



Are you ready to start a shape-up program? Then make it a family project! Psychologists say it's much easier to make a lasting commitment to fitness when you enlist the support of others who really want you to succeed.

Family participation can provide that vital encouragement. A common interest in fitness also gives your family a lasting source of shared enjoyment and satisfaction.

A well-formulated, balanced family fitness program lets you pursue individual sports as well as activities geared for togetherness. You can help each other define fitness goals, devise a plan to reach them, and stick with it.

The good things exercise does for you

Among other benefits, an effective fitness program reduces fatigue and stress, improves circulation, and can help to lower high blood pressure. Nobody can say with certainty that exercise will prolong your life, but exercise and the other components of a total fitness program (eating right, getting enough rest, controlling stress, and not smoking) can lower your risk of heart disease, cancer, stroke, and other killer diseases.

The training effect

Exercise physiologists refer to an improvement in fitness as the training effect. To benefit, you must exert yourself beyond your present fitness level. Here's a formula to help you gauge your target heart rate: First compute your maximum heart rate by subtracting your age from 220. Then swim, cycle, jog, or engage in another aerobic exercise to elevate your heart rate to 70-85 percent of the maximum (in the case of a 40-year-old: 220 – 40 = 180 x .75 = 135). Try to keep your heart rate in the maximum range for 20-30 minutes three or four times a week.

To find your heart rate, stop after a few minutes of vigorous activity. Take your pulse at the wrist or the carotid artery in the neck for ten seconds and multiply by six. Vary the workout intensity depending on your heart rate. If you are above the target, slow down. Check your pulse periodically during the exercise session. With experience, you'll be able to sense whether or not you're in the target range.

Before you start . . .

Assess your baseline health status. The American College of Sports Medicine recommends that people over 35 who have been inactive or have serious health problems check with a physician before beginning an exercise program. The same is true for persons of any age who have symptoms or risk factors of heart disease. Otherwise, you can proceed on your own.

It probably isn't necessary for healthy people who have no symptoms of heart disease to undergo an exercise stress test, in which your heart is monitored as you walk or run on a treadmill or ride a stationary bicycle. Ask your physician for his or her advice if you have any question about the need for a stress test.

Symptoms like chest pain, dizziness, and extreme shortness of breath should be evaluated by a physician.

Step-by-step tips

1. Win the cooperation of the entire family from the outset. Select activities together that everyone will enjoy—or at least give a try. Be flexible and don't make everyone participate in *your* idea of fun.

2. Have family members take turns being in charge of fitness activities for one week at a time. Leaders choose that week's activities, with the approval of the others. Keep track of activities and leaders in a family fitness log.

3. Remember that there are lots of fun ways to get exercise. Swimming, bicycling, jogging, canoeing, backpacking, cross-country skiing, skating, par-courses, aerobic dancing, and vigorous walking are excellent. Vary activities to combat boredom.

4. Set up a home exercise center in the spare room, basement, or garage. The selection of fitness equipment designed for home use has never been greater than it is right now. Browse around a sporting goods or depart-

continued

Photograph: Hopkins Associates

Family fitness

ment store for ideas.

5. Get used to thinking of fitness activities as family recreation. Instead of going to a movie or out for pizza and video games, go to the Y or fitness center as a family, or head out for a day of hiking and picnicking.

6. Think out and list goals, individually and as a family. Losing weight, reducing the risk of heart disease, conditioning for a competitive sport, alleviating emotional stress, feeling and looking better, or just having a good time—all are legitimate goals. Record goals and progress in your family fitness log.

7. Note each family member's starting weight, resting heart rate, and blood pressure, if known, and update the statistics weekly. If losing fat is an objective, measure waist and hip girth weekly. A skinfold caliper is an excellent way to measure body fat.

Exercise and cholesterol levels

Regular, strenuous exercise can produce significant metabolic changes in the body. This includes lowering blood fats like low-density lipoprotein cholesterol (LDL), which accumulates in the arteries and predisposes you to heart attack and stroke. Exercise also can increase the level of high-density lipoprotein cholesterol (HDL), often referred to as "good cholesterol," which may actually help reduce the buildup of fat in the arteries.

8. Charting the heart rate two minutes after finishing a workout is one good yardstick of progress. Your heart will recover from work and return to its resting rate faster as you advance.

9. Choose activities and times that are convenient. It is too easy to skip sessions that require a lot of traveling or getting up early if the family is not accustomed to doing so.

10. Set a regular time for your activities. Most people work out on alternate days or three times a week; five or six days is optimal. Only serious athletic competitors require seven days of training per week; the likelihood of sustaining injuries increases dramatically at this frequency.

Exercise and weight loss

Exercise combined with sound nutrition is the best way to lose weight. Many experts believe that if you diet without exercising, your metabolism slows down to adjust to the reduced number of calories consumed, and weight loss actually becomes more difficult. That may explain why many people complain of rapid weight gain when they return to their normal, pre-diet caloric intake.

Vigorous exercise may offset that metabolic slowdown, hastening the weight loss process. Mild exercise after a meal will help you burn up calories faster. Since mild exercise also tends to decrease the appetite, a light workout before a meal may help control your hunger pangs.

But don't be disappointed if you lose inches, not pounds. Muscle tissue weighs more than fat and you may find yourself trimmer but not lighter. Also, muscle tissue burns more calories than fat.

11. Include warm-up and cool-down time in each workout period. During the warm-up, stretch, perform light calisthenics, and ease into the most strenuous phase of your exercise. To cool down, reduce intensity gradually and stretch when you finish. This helps prevent soreness later.

12. Ease into your fitness program slowly to reduce discomfort and the chance of injury. At the outset, keep your heart rate closer to 70 percent than 85 percent of the maximum and work out only 20 minutes per session. If you are beginning a running program, alternate jogging and walking each block or so, gradually eliminating the walking.

Building strength

Develop strength by making muscles work against resistance. The resistance can be provided by lifting free weights; using weight machines; doing calisthenics such as sit-ups, push-ups, and leg lifts; or doing isometric exercises (exerting force against a fixed object). Three 20-minute sessions per week are enough for the average person to gradually improve muscle strength.

13. Don't overlook the benefits of walking instead of jogging. In some respects, brisk walking is better than jogging because it's safer and more comfortable. Walking can be the ideal exercise if someone in your family is older, has an aversion to physical activity, has been inactive for a long time, or has muscle or joint problems.

14. Consider joining a family fitness center or a Y. Get advice from the pros on the staff (who ideally should have a degree in either physical education, exercise science, or sports medicine). Go regularly as a group and let everyone do his or her own thing—swimming, basketball, fitness classes, whatever—then rendezvous to share a family activity.

Staying supple

Flexibility helps prevent overuse injuries like pulled muscles, which are common among weekend athletes, as well as back pain. Static stretching (holding at the point of slight discomfort) is an excellent way to improve flexibility. Be cautious, though, and don't bounce while you stretch—you may injure yourself. Be sure to stretch each major muscle group in the legs, torso, and arms for at least 20-30 seconds before and after a vigorous workout. If you feel muscle tightness during the workout, take a stretching break to relieve the discomfort.

15. Youngsters need vigorous physical activity just as much as adults do. Don't assume that your children get what they need from play and at school. Healthy children should have at least 15 to 30 minutes of continuous activity daily.

16. Don't force a child into a competitive sport or other activity too early, and don't make your youngster specialize too early, either.

continued

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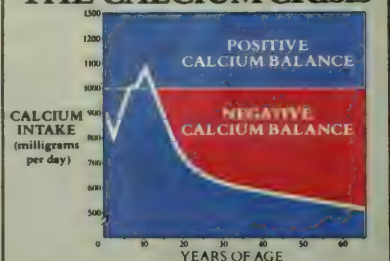
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8 out of 10 women need more calcium in their diet.

Even after your bones stop growing, your body still needs calcium—every day. Recent US Government studies show that the average woman takes in much less calcium than she needs on a daily basis. This calcium deficiency often starts about the same time women stop drinking milk!

THE CALCIUM CRISIS

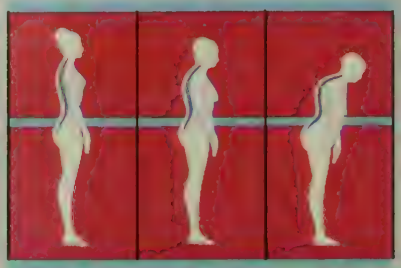


*Adult Daily Requirement (US RDA) Average Calcium Intake of Women in the United States Adapted from DHEW Publication No. (HRA) 77-1647, July 1977

Recent U.S. Government studies show that the average woman takes in much less calcium than she needs on a daily basis.

Your body draws calcium from your bones.

Your bones are a natural storehouse of calcium. So when you don't get enough in your diet, your body withdraws calcium from your bones. The result can be anything but beautiful. Over time, your bones may become pitted, porous, brittle. So fragile they can easily fracture. And so weak they can fail to adequately support your body—which could lead to a noticeable loss of height.



Over time, failure to get enough calcium can weaken bone structure, causing your body to shrink and stoop unattractively.

Unfortunately, *this insidious process can start as early as age 20* but often isn't recognized until it reaches an advanced stage.

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When you stopped drinking milk, you didn't stop needing calcium.

Good Housekeeping PROMISES

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continued

Family fitness

17. Involve children in activities in which they have a chance to participate, not just sit on the bench. Always remember, too, that youngsters are more vulnerable physically and emotionally than adults are. Don't expose your youngster to high-pressure or dangerous situations, and be sure your child's instructors and coaches have the same philosophy.

18. Supervise children at all times. Youngsters lack the coordination and good judgment of adults and are more at risk around the water, for example. Train youngsters to keep an eye out for one another.

19. Use the right equipment. Proper shoes in the correct size are necessary for comfort and to avoid injuries. Prevent blisters by wearing socks and using foot powder to absorb excessive perspiration. Promptly treat any blisters that do develop. Don't wear plastic sweat suits, which can cause heat exhaustion and dehydration. Always wear protective clothing designed specifically for the weather.

20. Find out what safety gear you'll need, and use it. Check into helmets, harnesses, and protective eyewear if appropriate. Again, an experienced professional or instructor can advise you.

21. Know what to do in case of an emergency. Learn CPR and the basics of first aid. Watch for the symptoms of hypothermia in winter and heat exhaustion in summer if you'll be outside during extremes of temperature.

22. Don't try to act the pro the first time out. Ask an experienced person to show you what to do. Check with the staff at a community education or recreation department, Y, fitness center, or sporting goods store for advice on where to take lessons from a trained instructor. It pays to learn the fundamentals first.

23. Make it fun. If you have four exercise sessions in one week, for instance, treat yourselves to a movie or bowling (try not to use food as the incentive). But be forgiving if you *don't* meet your goals—it's inevitable that you will fall short some weeks. The idea is to keep the program fun.

24. Be realistic. Don't expect all members of the family to gather for each activity. Plan one or two sessions per week with as many present as possible.

25. Don't be compulsive or overly competitive. You'll enjoy your program more and cause less friction within the family if you relax. A commitment to exercise can be a common bond, but it also can backfire if one family member goes overboard.

26. Remember that a balanced fitness program aims for total wellness. You'll want to include sound nutrition, stress management, adequate rest, and weight control in your program, as well as physical exercise.

For a free copy of Let's Get Fit, a family fitness booklet from Nabisco, send a self-addressed, stamped (37 cents postage), business-sized envelope to: Toasted Wheat & Raisins Family in Training, 500 N. Michigan Ave., Suite 200, Chicago, IL 60611.

—With Marianne Porter, Chicago-based athletic trainer, sports medicine consultant, and mother of two fit youngsters



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BUILDING

How to Waterproof A Low-Pitch Roof





The next time you add a garage or room with a low-pitch roof, save the roofing job for yourself. Thanks to some new acrylic roofing products on the market, you actually can *paint on* a new roof, or repair an old one. You simply treat all seams, then apply two base coats and an optional, tintable topcoat. The base-coat material is a highly elastic film that remains pliable even at 20 degrees below zero. After the base coats have dried (usually within 4 to 8 hours per coat), you may elect to cover them with a full-gloss finishing coat.

For best results, spread your work over a three-day period to allow sufficient drying time between coats.

Day 1: If you're covering unfinished plywood *(top)*, brush a layer of caulking-grade acrylic along all seams and flashing joints, if any, then embed polyester fabric in the film while it's still wet and cover the fabric with a second layer of the same acrylic. When the surface is dry (usually 2 to 3 hours later), use a paint roller with an extension handle to spread a layer of standard base coat over the entire roof *(above)*.

Day 2: Roll on a second layer of standard base coat.

Day 3: Cover with an optional layer of topcoat.

Buying information, page 219.

Photographs: Bob Calmer



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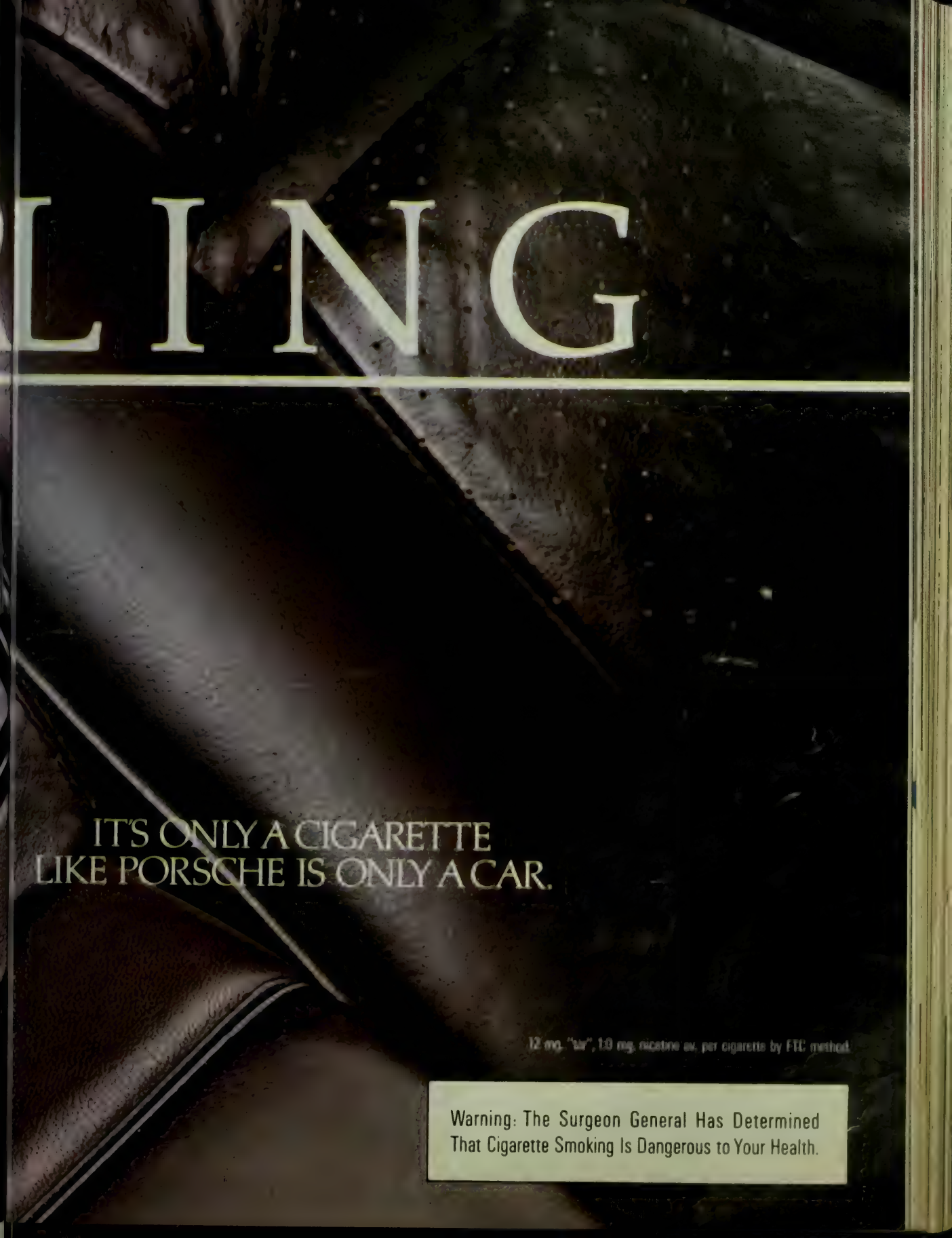


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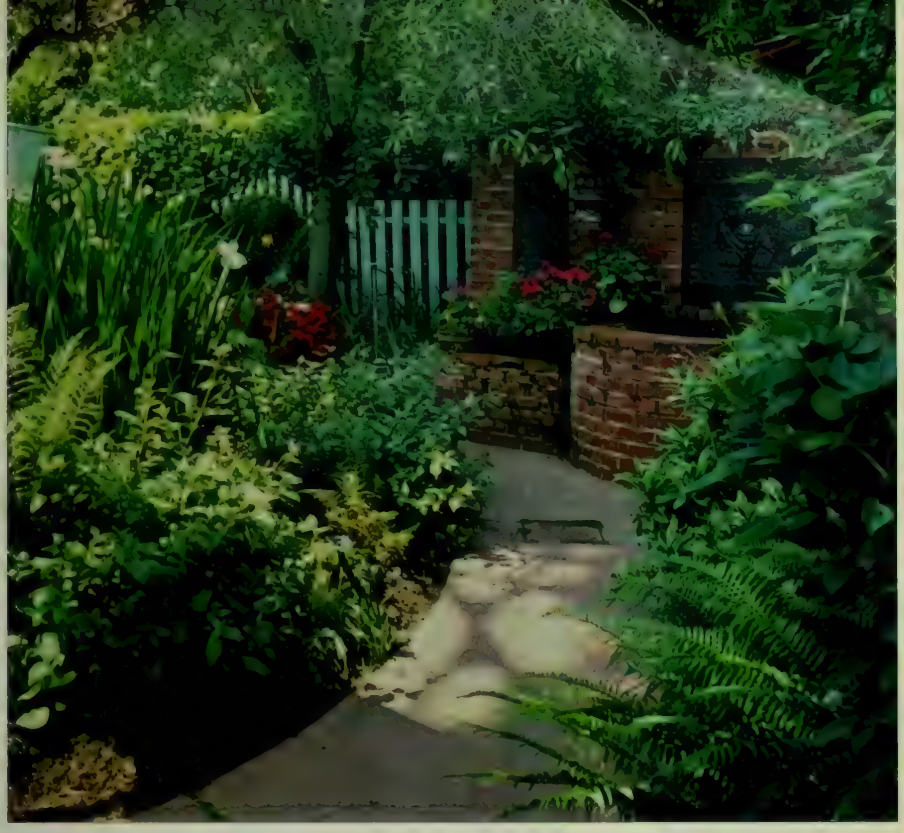
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Bright Flowers *THAT GROW IN THE* Shade

Douglas A. Jimerson

Shade-loving plants are easy to grow and can transform even the gloomiest landscape into a festival of flowers. Although many flowers do prefer to grow in a sunny location, there's still a plentiful assortment of shade plants, both annuals and perennials, to choose from. All of these plants will thrive in partial to deep shade. In fact, many would perish if they were planted in full sun.

If you're pressed for yard space, you can brighten the view with some shade dwellers grown in pots or tubs. The plants will bloom just as vigorously as they would in the garden and you'll be able to move the containers around for color where you most need it. Potted flowers are the ideal solution for a dark patio, porch, or terrace. Just be sure to use a loose, fertile, potting soil.

Perennial and annual flowers with shade-loving natures nestle under a plum tree in this cool backyard corner. The garden is abloom from spring through summer with a variety of plants that includes primrose, lobelia, fibrous begonia, impatiens, Japanese iris, columbine, and fuchsia.

Photographs: Above, Karlis Grants; others, Maris/Semel
Field editors: Above, Cathy Howard; others, Bonnie Maharam

The shade plants featured here are just a few of our favorites. Other shade-tolerant bloomers include pansy, viola, bleeding-heart, columbine, lily-of-the-valley, fuchsia, Virginia bluebell, jacob's-ladder, primrose, lungwort, spiderwort, veronica, vinca, and calla lily.

IMPATIENS

Make easy-care impatiens the backbone of your shade garden. Compact plants that grow 12 to 15 inches tall, impatiens and their more sun-tolerant cousins New Guinea impatiens *(right)* will quickly carpet even the dullest spots in your landscape. Flowers come in various shades of red, orange, pink, and white. New Guinea impatiens have variegated foliage.



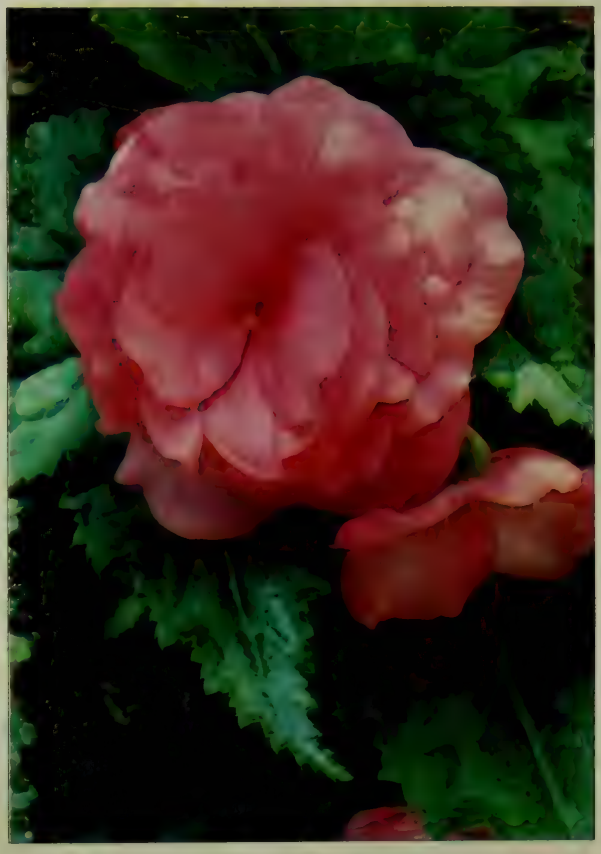


CALADIUM

Let tropical-looking caladiums brighten your garden with their jewellike, heart-shaped foliage of vivid red, green, pink, white, and silver. You can use them in planters on terraces and patios, plant them directly in the garden, or sink potted plants into the ground. Here *(above)* a crowd of Rosebud, Red Ensign, and Miss Chicago caladiums surrounds the base of a young shade tree.

TUBEROUS BEGONIA

Elegant tuberous begonias belong on your must-have list if you want spectacular color for shady spots. Tuberous begonias are available in both upright and trailing varieties. Choose upright varieties for pots and borders, and use trailing types atop low walls and in hanging baskets. A new strain of tuberous begonias, called Non-Stop *(right)*, has bumper crops of double flowers all summer.





HOSTA

Hostas are a shade gardener's delight. They're good-looking, hardy, insect and disease free, perennial, and almost impossible to kill. Hostas *(left)* are available in more than 300 different varieties, ranging in size from four-inch miniatures to three-foot giants. Their green, yellow, blue, or variegated foliage is attractive all season; leaf textures vary from smooth and shiny to heavily quilted or soft and lustrous. The plants also produce spikes of white or blue flowers. Planted in groups, small varieties of hostas make great ground covers or edging plants. Larger types can stand alone or be combined with other plants in the shade garden.

To start hostas, buy crowns at your local nursery or garden center. Plant them in the spring or fall.



ASTILBE

Mounded fernlike foliage and tall, feathery plumes of flowers are the trademark of the astilbe *(left)*. Also called false spirea, astilbe is available in red, pink, white, and salmon. Most of the plant's flowers appear in June and July, although additional blooms occasionally appear later in the summer. The mature plants grow three feet tall.

For best results, plant divisions in the spring. Astilbes prefer damp soil.



FIBROUS BEGONIA

Illuminate all the dark corners of your landscape with a generous supply of fibrous begonias *(above)*. These compact beauties grow eight to ten inches tall and live as well in pots as they do in the garden. Because of their ground-hugging nature, fibrous begonias make ideal edging plants. The flowers, which appear throughout the summer, are available in red, white, and pink.

Buying information, page 219.

THE SIMPLE MAGIC OF

SOUTHWEST STYLE

By Shirley Van Zante, Denise L. Caringer, and Robert E. Dittmer

The rugged beauty of the Southwest has inspired a decorating look that's easygoing and natural.

Furnishings are colored with desert-inspired hues—sandy beiges, rusty reds, weathered-wood tones, and sagebrush greens. These earthy tones, intermixed with the dusty pinks and peaches of sunset, play off beautifully against luminous turquoise accents. Natural materials—knotty wood, rough adobe, shiny tile, nubby rugs and weavings—add tactile appeal. The furniture, too, has a look of its own as Spanish and Mexican pieces mix with simple, contemporary furnishings.

Come with us as we tour a Santa Fe home that exemplifies the almost magical serenity of this style. We'll follow with a sampling of pottery, rugs, furniture, and other items to add a look of the Southwest to your home.



The uncontrived beauty of Southwestern decorating springs from natural materials and uncluttered simplicity. In the living room, wood-plank floors and ceilings beamed with round pine *vigas (right)* create a down-to-earth background for a few, select furnishings, like the modern sofas, unassuming country chairs, and painted antique table.

Well-worn surfaces and beautifully aged paint give this old Mexican table *(above)* its special charm.

Photographs: Hopkins Associates
Field editor: Carolyn Fleig
Design: Douglas Atwill



INDOOR-OUTDOOR HARMONY



Life in the Southwest flows easily from indoors to out. A rustic brick floor and ample windows and French doors link the dining room *(opposite)* with the adjoining patio.

Inside, heavily textured adobe sheathes the walls and banquette, and a *kiva* corner fireplace stands ready to take the chill from the night air. The fireplace's traditional arched opening is similar to designs used for decades by the Pueblo Indians.

For dining, contemporary bentwood-and-cane chairs gather around an antique pine table. Made by a local artisan, the woven runner on the table adds color, pattern, and texture to the handcrafted theme.

Harmony—between indoors and out, and between architecture and furnishings—is important to Southwestern-style decorating.

In the master bedroom/sitting room *(above)*, an old-fashioned beamed ceiling, deep window reveals, and a brick floor imbue the modern-day addition with vintage ambience.

Besides adding important character to the room, the brick floor serves as thermal mass, storing daytime heat that helps warm the space at night.

Natural-cotton fabrics and scrubbed-pine antiques complement the architecture without overshadowing it.



Adobe and wood are architectural elements that work beautifully together.

This eye-catching doorway *(above)* gains its delightful appeal from rough adobe walls and round pine *vigas*.

In addition to their rustic beauty, the *vigas* play a purely functional role; they support the ceiling of the adjacent hallway.





UNCLUTTERED SIMPLICITY



Sophisticated simplicity makes this guest room *(left)* particularly inviting. Although the room has a sparseness reminiscent of the Old West, abundant wood tones provide all the necessary warmth.

Such simplicity puts the emphasis where it belongs—on the special architecture, the one-of-a-kind beauty of each carefully crafted furniture piece, and the rustic New Mexican landscape beyond the windows.

The four-poster—a new, custom-made version of an old, country bed—teams with handsome antique tables that were rubbed with sagebrush-green paint.

Restrained finishing touches—utterly plain white linens, a humble wooden chest of drawers, and a simply framed mirror—carry out the homespun mood.

Washed in pale pink, the bedroom's adobe walls provide the perfect backdrop for an ornately carved antique Mexican chair. The chair's painted finish, worn away by decades of use, highlights the intricate detailing.

Nearby, the contemporary graphic *(above)* adds a modern touch as it plays up traditional colors: desert-beige, sagebrush-green and sunset-pink.

HANDCRAFTED APPEAL



Handmade accessories give the Southwest look its special appeal. Used as accents with basic seating pieces, a Spanish chair, Indian rug, pottery bowl, or other one-of-a-kind treasures can give your home a Santa Fe feel.

Handcrafted pottery and rugs abound in the Southwest. Modern designs *(above)* include dramatic raku pottery and traditional rugs updated with contemporary colors.

An open-air rug market in Sante Fe *(above right)* displays boldly colored and patterned carpets from India, Afghanistan, and other Eastern regions.

Mexican chairs (below right), made by stretching pigskin over cedar frames, are affordable accents.

Contemporary artisans use time-honored skills to produce new designs. This settee *(opposite top)* is sandblasted to give it a faded, timeworn look. Hand-painted fabric covers the pillows.

Authentic designs and mellow finishes give pine reproductions antique flavor. This late-1700s table design *(opposite, bottom left)* probably was used originally in a country church or a mission.

Folk-art pieces, like these small, hand-painted cupboards *(opposite, bottom center),* are still made by New Mexican artisans. These examples couple old traditions of craftsmanship with modern designs.

This pine reproduction chair *(opposite, bottom right),* patterned after a common, late-1800s Mexican one, has clean lines and a natural, scrubbed finish.

Buying information, page 219.



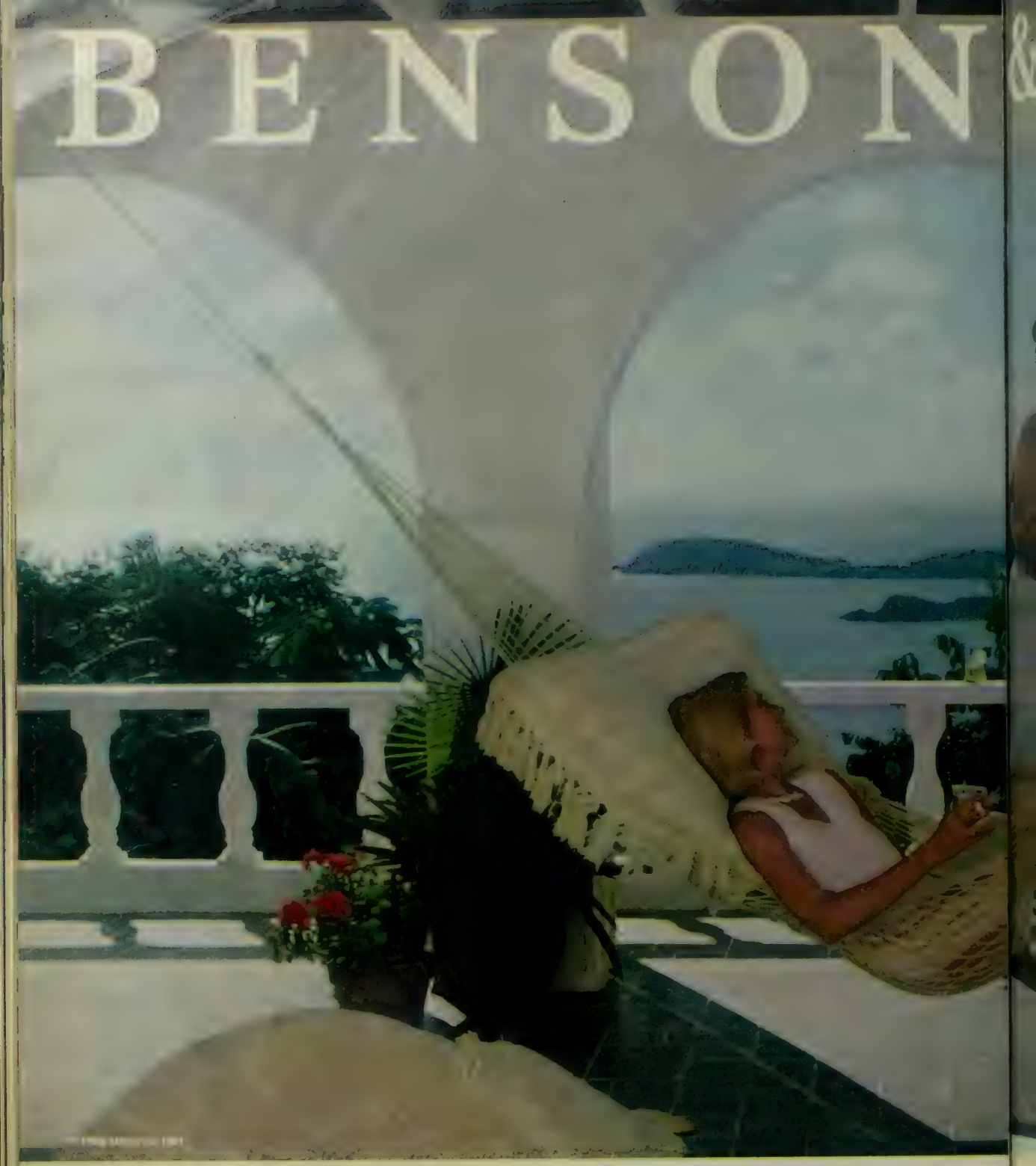












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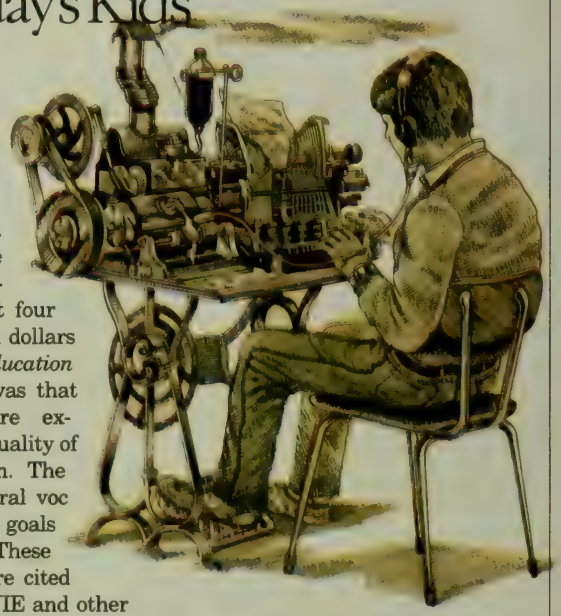
The Deluxe 100.

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Dan Kaercher

Vocational Education

Are Our Schools Training Today's Kids For Yesterday's Jobs?



Yes, charge the critics—and their claims are backed by several recent studies that characterize voc ed programs generally as sadly outdated. Yet voc ed courses in many high schools already are changing fast, in spite of serious obstacles. "The issue is heating up," says Edward D. Miller, chairman of the National Advisory Council on Vocational Education.

Most educators and parents, even those who want more rigorous academics in our high schools, agree that public school students should have some preparation for the world of work. But the approaches differ.

Some say the answer is more emphasis on academic basics that are necessary to hold any job. Others favor exposing students to various careers, beginning as early as elementary school. Still others lobby for intensive training for specific occupations.

Clearly, the demand for vocational training is strong; enrollment in vocational programs has never been higher. In all, there are almost 10.5 million students in a wide range of high school voc ed courses. Some students prepare for a particular occupation such as practical nursing, bookkeeping, cosmetology, welding, or computer programming. Most of them acquire general knowledge about the tools, materials, and methods used in a cluster of occupations in fields like building, printing, office work, or health care.

According to the American Vocational Association, voc ed serves critical needs—keeping students in high school who might otherwise drop out, and preparing workers that employers will want to hire.

What are the problems?

Technology is making many traditional jobs and voc ed programs obsolete. Welders are being replaced by robots. Foundry and machine trades are declining. And word processing systems are revolutionizing office jobs.

The National Institute of Education, at the invitation of Congress, spent four years and several million dollars on *The Vocational Education Study*. A basic finding was that vocational programs are extremely diverse and the quality of offerings is very uneven. The NIE concluded that federal voc ed policy has too many goals and too few resources. These are the problems that are cited most frequently by the NIE and other investigators:

- ***Equipment.*** Many schools have obsolete equipment. Even if a school has the latest apparatus, the technology often changes by the time the student graduates.
- ***Teaching staffs.*** Some teachers have been away from industry for a long time and haven't kept up with changes. The best teachers often leave the profession for better salaries.
- ***Financing.*** Funds are lacking partly because hard-pressed boards of education are ambivalent about how much job training high schools should do.
- ***Second-class status.*** Many educators clearly favor academic programs at the expense of vocational ones.
- ***Other problems.*** Programs can suffer from poor counseling services, excessive specialization, outmoded teacher training programs, sexism, and dated curricula.

What kind of training do today's voc ed students need?

Economists and business analysts advocate giving students advanced skills and technical training to help them adapt to the rapidly changing job market. Already, employers throughout the nation cite a shortage of workers with marketable skills.

Yesterday's butchers, bakers, and candlestick makers have been replaced by computer repair persons, word processing specialists, and health-care technicians. Yet high-tech careers in data processing, mechanics, computers, and office machine repair are being oversold, caution some observers. According to the Bureau of Labor Statistics, the fastest growing occupations include nurse's aide, orderly, food preparation worker, dental assistant, and corrections officer.

Because of such mixed signals from analysts, the pressure today is on schools to offer as wide a range of programs as possible.

What is being done?

Reforms are being pushed by the federal and state governments, as well as industry:

- ***Federal programs.*** In an attempt to publicize exemplary voc ed programs, the U.S. Office of Vocational and Adult Education selects ten model voc ed programs each year for recognition. The federal government also sponsors the National Center for Research in Vocational Education at Ohio State University. The Center monitors vocational

continued

Illustration: Roger Leyonmark


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continued

Vocational education

programs around the country in order to disseminate information to school administrators.

● ***State programs.*** North Carolina has funded several high-tech high schools; Oklahoma has established 23 area vo-tech schools in nine sections of the state to offer 55 different programs. Some states have added grades 13 and 14 in place of community college programs for specialized technical training. To upgrade teachers, Utah created a Professional Business Teacher Internship program that updates the skills of teachers who have been out of the business world for some years. Georgia and Wisconsin have attempted to improve their vocational offerings to handicapped students by sponsoring summer training sessions for vocational teachers.

● ***Partnerships with industry.*** A new voluntary certifying program by the National Automotive Technicians Education Foundation, a trade organization, aims to ensure that students graduating from voc ed programs have entry-level skills. The Electronics Industries Association is operating a Service Technician Development Program in conjunction with high schools. EIA estimates that the country needs 50,000 electronics technicians a year to service the new products evolving from the introduction of the microprocessor.

What are some outstanding programs?

Several of the recent studies have suggested that the best programs may be those that pool students from several different schools. Nonetheless, there are individual schools with solid, innovative voc ed programs.

Here's a sampling of programs being offered at a variety of vocational schools around the nation:

● ***Westbury, New York.*** The Nassau County Board of Cooperative Educational Services operates Nassau Tech, a vocational program for 3,200 students in 56 school districts. Programs in a total of 60 occupations last one to three years. Students attend voc ed classes

continued





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B-5 **AT YOUR U-HAUL CENTER**

*Except one-way rentals to pileup areas.



continued

Vocational education

for 2½ hours a day, five days a week, then spend the rest of the time at their home school.

● ***Tulsa.*** Four vo-tech campuses offer computer-assisted data entry, electronics, banking, environmental lab, graphic design, and other courses. New this year is a highly specialized auto mechanics program that trains high school seniors in automobile transmission and electrical systems work. One campus is entirely devoted to aeromechanics. Most of the Tulsa programs, from carpentry to fashion design, now utilize computers. Each program has its own advisory board of area businessmen and labor leaders who keep the curriculum up to date.

● ***Fairfax County, Virginia.*** High school students in the 11th and 12th grades are building $200,000 houses as part of an on-the-job training program in the building trades. The Fairfax County Vocational Education Foundation (a board of lawyers, bankers, architects, and trades officials) advises students on their work. Students do their own bricklaying, electrical wiring, drafting, and landscaping. Profits from sales go back into the program.

● ***Hudson Falls, New York.*** Sally A. Johnson, a secretarial business teacher, realized that too few of her students were finding secretarial positions in local businesses. She did her own research and created a joint program with the Glen Falls Hospital, which needed clerks. Now high school seniors learn medical terminology and basic hospital procedures in class and then work in the hospital one day a week for ten weeks of training. The result: Many of the students now find jobs as unit clerks.

● ***Birmingham, Michigan.*** The Seaholm High School is one of a handful in the nation with a robotics program. The courses include computer programming, hydraulics, pneumatics, and air logic.

● ***Philadelphia.*** A three-year program is aimed at high-school-age innercity youths who are ineligible for more traditional vocational programs because they lack basic skills. For these students, the academic curriculum is presented in the context of vocational skills.

What can parents do?

● Each state is required to do follow-up reports on students to find if training in the public schools has led to jobs. Contact your state career or vocational education department for information on programs in your area.

● Make sure that the school district's voc ed advisory committee includes prominent leaders from business, industry, labor, and the crafts—and that they play an active role in the school's program. Such community involvement is vital.

● Ask these questions about any training program your youngster is considering: How recent are the teachers' job experiences? Is the equipment up to date? How many students actually get jobs in the area for which they were trained? What work experience does the school provide?

● Find out about career awareness programs in your elementary and middle schools. Ask how students can acquire different information about a variety of jobs.

● Keep in mind that concerns about sex discrimination and opportunities for handicapped people have opened up many vocational programs to students who once were excluded.

For more information

● See the U.S. Department of Labor publications entitled *The Occupational Outlook Handbook* and *Vocational Preparation and Occupations*, available at your local library.

● *Education for Tomorrow's Jobs* is an excellent overview of vocational education issues prepared by the National Research Council. For a copy, send $10.50 prepaid to National Academy Press, 2101 Constitution Ave., NW., Washington, DC 20418, or check your local library.

● Write for free information from the American Vocational Association, 2020 North 14th St., Dept. BHG, Arlington, VA 22201.

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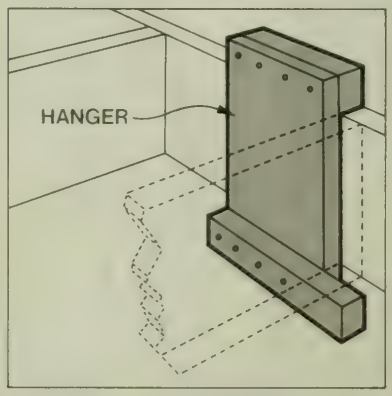
Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of installation tips and shop shortcuts that you—and millions like you—have picked up as do-it-yourselfers. We pay $25 for each problem-solver we publish. See the box below for submission details.

PROBLEM: You need an extra hand to position the joists you're installing for a deck or trellis project.

SOLUTION: Nail together three scraps of lumber to form a hanger that can be slipped over the box joist. The hanger will help position the other joists correctly and hold them in place until you get them nailed.

H. D., Eagle River, Wisc.



PROBLEM: After changing the oil and oil filter in your car's engine, you invariably forget to record the date and the engine's mileage in your maintenance log.

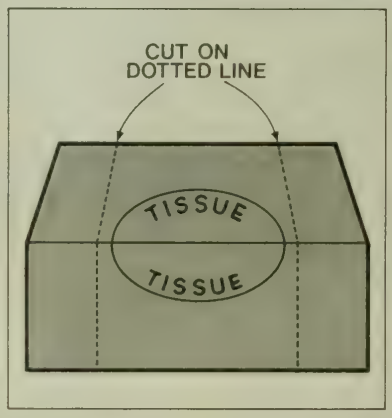
SOLUTION: Record the data on a strip of masking tape and place the tape on the air-filter housing. The tape will provide a handy reminder each time you check or change the oil.

T. W., Spokane, Wash.

PROBLEM: Your garden trowel is too large and cumbersome for setting out young seedlings or transplanting small houseplants.

SOLUTION: Do your Tom-Thumb gardening chores with a spare shoehorn. A shoehorn is easy to grasp and just the right size for working with plants in small pots or digging golf-ball-size holes in your planting beds.

E. S., Commack, N.Y.



PROBLEM: You need attractive catchall containers for small odds and ends that collect on your desk, vanity, or kitchen counter.

SOLUTION: Convert an empty decorator-style facial tissue carton into two smaller containers by cutting away the middle section of the carton on each side of the perforated opening. To make the bottoms inside each container smooth, line them with pieces cut from the middle section.

L. C., Erie, Pa.

PROBLEM: No matter how carefully you clean them after each use, the nozzles on some of your aerosol-spray paint cans clog up before you've had a chance to use all the contents.

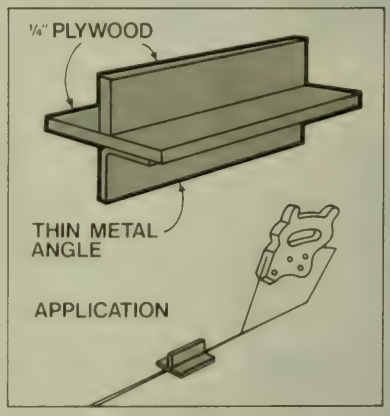
SOLUTION: Each time you empty a spray can, pull out the nozzle and save it. When the nozzle on another can clogs, replace it with one of your spares. (Don't reuse nozzles from cans that contain pesticides or other poisonous chemicals.)

J. L., Athens, Texas

PROBLEM: When you repaint your walls, the nail holes for your picture groupings fill with paint. To rehang your pictures, you have to measure and drive new holes.

SOLUTION: As you remove each nail, slip a toothpick into the hole.

T. B., Ennis, Texas



PROBLEM: Your saw blade binds when making long cuts in plywood or other sheet materials.

SOLUTION: Fabricate an X-shaped wedge from scrap lumber and a piece of right-angle metal, and slide the wedge along the cuts while you're sawing them.

G. N., Cincinnati, Ohio

Do you have handy do-it-yourself suggestions and/or shortcuts you'd like to share? Mail them to Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.

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nas great taste.

Satin tip 100's



Steven Coulter and Nancy Hall

Good News

Check your favorite stores for these innovative products, or write to the manufacturer for a list of retail sources. Please don't send a check, or request an order form. The prices we list are only suggested retail prices.



REMOTE SWITCH

Switch on a light while you are still outside the house, turn on your coffee maker, TV, stereo, or radio from your bed. All of this and more is possible with the Genie® Remote Control Switch, a product for the house from the makers of the well-known garage door opener.

Just plug the receiver (with or without its small antenna) into any outlet and plug in your choice of appliances or lights. You are then able to turn on that appliance or light from up to 300 feet away using the wireless, battery-operated, hand-held transmitter.

Both units are finished in beige to blend with electrical outlets.

Genie Remote Control Switch, about $40. Alliance Manufacturing Co., Inc., Dept. BH, 3040 W. Market St., Akron, OH 44313.



DAYLIGHT DEVELOPER

Now you can make prints from your slides or negatives without a darkroom. The new Daylab enlarger produces full-color prints right in your living room. It also has an electronic exposure and timing system that makes perfect prints almost every time. The unit, with a built-in viewing door, allows you to crop, make color changes, and experiment before you make a print.

The enlarger comes packed in a light-tight changing box for use in putting the paper in the processor. The system has two basic parts: an enlarger complete with high quality, flat-field, coated enlarging lens, and a light-tight cassette processor. The cassette provided is for 8x10 enlargements, but there is an optional 5x7 cassette available.

This unit is simple to operate, with no chemical mixing or extra trays. Just use the plastic bottles provided to measure premixed chemicals and water. The chemicals may be used up to six times before discarding them.

Daylab, about $300. Daylab Limited, Dept. BH, 401 Wilshire Blvd., Suite 1020, Santa Monica, CA 90401.



PATIO STYLE

A comfortable outdoor lounge chair and a mini-table in one—that's the Servette by Woodard. The steel frame supports a contemporary seat of Ele-tex (a woven vinyl) and a unique transparent acrylic side panel that flips up whenever you need a table.

Servette chair, about $230. Woodard, Dept. BH, 2951 Twenty-eighth St., Suite 2050, Santa Monica, CA 90405.



MULTI-TOOL

Here's a hand tool that can eliminate some of the jumble in your toolshed. The Wonder Weeder garden tool weeds, cultivates, edges, and plants.

The soft vinyl, bright yellow hand grip has a convenient hole for hanging the tool and is almost impossible to misplace in your garden.

The durable, weather-resistant blades are specially designed to require little or no sharpening.

Wonder Weeder, about $8. R&H Products, Inc., P.O. Box 722-BH, Richboro, PA 18954.

continued on page 67

CORNING

That little blue flower. And a whole lot more.



CORNING WARE® COOKWARE

You're feasting your eyes on an American classic: Corning Ware cookware. The beautiful, bright patterns and shapes are what first catch your eye. But Corning Ware versatility is what has really made it a family tradition.

Whatever you're making, from freezer to oven, from microwave to table, we'll help you make it a lot easier.



"I call this poultry with pizzazz."

Cornish Hens with Wild Rice

1 six-oz. package of mixed long-grain wild rice
1¼ cups water
4 tbs. (½ stick) butter
1 medium onion, finely chopped
1 tbs. flour
2 cups chicken broth
1 package (10 oz.) frozen green peas, thawed
2 Cornish hens, halved
Freshly ground pepper
Butter, salt, and dry mustard

Preheat oven to 325°F. Combine rice (minus packaged seasonings) and water in 2-qt. saucepan. Cover, cook for 12 minutes or until water is absorbed. Melt butter in 3-qt. Corning Ware casserole (moderate heat). Add onion, cook 3 minutes. Sprinkle in flour, stir. Gradually add broth, heat to boiling point. Gently stir in rice and peas. Rub hens with butter, salt, pepper, and mustard. Arrange on rice mixture; cover and bake 45 minutes or until rice is done and hens are tender. Serves 4.

FRENCH WHITE™ AND FRENCH BISQUE™ COOKWARE

Yes—"we're a whole lot more," and here are two stylish examples: classic French White and rustic French Bisque cookware. Both have the look of fine French cookware. But the most beautiful thing about them is what we've built into them: that familiar Corning Ware® versatility, value, and durability you've always counted on. But there's more....



"It's French and festive. Bon appétit!"

Asparagus Tomato Quiche

1 10" pie shell, partially baked
4 large eggs, beaten
3 tbs. flour
1 tsp. paprika, 1 tsp. salt
½ tsp. dry mustard
1 ½ cups Half-and-Half
2 cups grated swiss cheese
10 fresh asparagus spears, washed and trimmed
1 medium tomato sliced into four ¼" slices

Preheat oven to 375°F. Beat eggs with next 4 ingredients; stir in cheese. Saving 6 asparagus spears for the top, chop the rest into 1" lengths; lay on bottom of pie shell, pour in liquid. Bake 20 minutes. Remove and quickly arrange tomato and asparagus on top in a wagon wheel pattern; bake another 20-30 minutes. Serves 4 to 6.

GENUINE PYREX® WARE

It's the original. For mixing and measuring, serving and storing, cooking and baking in conventional or microwave ovens. Pyrex ware is America's favorite. And, you'll love these new additions: Pyrex Servables,™ ovenware pretty enough to serve in. And Measure-Ups,™ measuring cups with open handles for stacking. But there's more...



"*Bake it, roast it, steam it, enjoy it.*"

MICROWAVE COOKWARE

If you own a microwave oven, you'll be pleased to know that Corning has designed a special line of versatile microwave cookware. It's made of a durable glass material that allows you to go from freezer to oven to table. And to make your life even easier, our microwave cookware won't warp, scorch, discolor, or absorb food odors. But there's more...

VISIONS® TOP-OF-RANGE COOKWARE

They're pots with a point of view. A breakthrough in top-of-range and microwave cooking. Each piece of see-through Visions cookware is made of a unique glass ceramic material so durable it can take the heat of stove-top cooking. And don't worry about handles getting hot; every Visions handle is designed to stay cool during stove-top cooking. Plus, Visions cookware won't rust, warp, or dent like metal. But there's more...

New England Steamed Dinner

4 ears of fresh corn (remove husks; save outer leaves)
2 small lobsters, fresh or frozen
1 ½ cups water
8-12 whole peppercorns
2 bay leaves
2 tablespoons butter
1 clove of garlic, peeled and cut in half lengthwise
½ cup white wine or beer
1 dozen clams or mussels, scrubbed and cleaned

Place washed husks in Visions 5-qt. saucepot with corn and lobsters on top. Add water and next 5 ingredients. Cover, place pot on high heat. When water boils, begin timing. Steam until lobsters are almost done (about 10 minutes per lb.). Add clams or mussels; steam just until they open. Serve immediately with juices from the pot, melted butter, French bread, and steamed potatoes. Serves 4.



"Get a taste of New England, no matter where you live."

CORNERSTONE® DINNERWARE

You can see that the beauty of Cornerstone dinnerware measures up to any stoneware. But what's equally impressive about Cornerstone dinnerware is its ability to resist chipping. We're so confident about the durability of Cornerstone dinnerware, we even guarantee it.* So choose any one of four beautiful patterns. And get set to enjoy it for a long time. But there's more...

*See package for details



Glenora Royal Garden Belle Grove







"This dessert is hard to pronounce...but easy to make."

Mélange of Fruits

4 cups fresh fruit- raspberries, strawberries, oranges (peeled, sliced, or sectioned), melon balls, peaches (peeled and cut into wedges), or pears (peeled and sliced).

FRUIT DRESSING

½ cup dry white wine
½ cup honey
½ tsp. powdered cinnamon
Dash of powdered allspice
Dash of Amaretto or other sweet liqueur (optional)
3 tbs. chopped fresh mint

Place fruit in 1½-qt. serving bowl. Mix dressing ingredients until honey dissolves. Pour over fruit, refrigerate several hours. Sprinkle with mint. Serves 4.



China Blossom

CORELLE® DINNERWARE

Everyone knows about the legendary durability of Corelle dinnerware. But you may not know that now Corelle dinnerware has more beautiful patterns than ever before.

Choose from florals in a wide variety of color schemes. Or, select from an equally impressive array of contemporary dinnerware with color-coordinated bands. But there's more . . .



"Make sure your table lives up to your food."

(A) Cinnamon, (B) Slate, (C) Heather, (D) Morning Blue, (E) Old Town Blue, (F) Indian Summer, (G) Forget-Me-Not, (H) Meadow, (I) Oriental Wood, (J) Floral Spray, (K) Solitary, (L) Colonial Mist

Additional patterns available.

CORNING'S

"A WHOLE LOT MORE" SWEEPSTAKES

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GRAND PRIZE (1)

His & Her New Chrysler Le Baron Convertibles. Superbly styled for top-down driving fun. Responsive front-wheel drive. Retail value: $23,200

Luxurious Natural Ranch Mink Coat to wrap you in splendor, from the internationally famous Flemington Fur Company. Retail value: $7,500

1-Week Caribbean Cruise for Two on Cunard Countess... more to see and do than on any other Caribbean Cruise. Fly on **Eastern Airlines**—more service to Florida and the Caribbean than any other airline—more flights to more fun vacations. Retail value $4,608

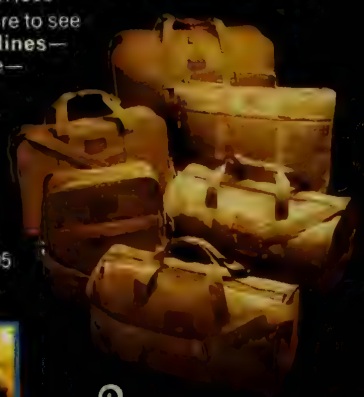
6-Piece Set of Pierre Cardin Luggage from Henry Rosenfeld—designed with top-quality features and engineered to last. Retail value: $500

Fashionable Chameleon® Sunglasses by Corning. Retail value: $22

The Corning Cookbook—mouth-watering recipes for everyday and special occasions. Retail value: $13.95



Chameleon Sunglasses







FIRST PRIZE (1): Natural Ranch Mink Coat by Flemington Fur Company.
SECOND PRIZE (5): Fly via Eastern Airlines to a 1-Week Cunard Line Caribbean Cruise for Two.

THIRD PRIZE (29): Pierre Cardin Luggage from Henry Rosenfeld.
FOURTH PRIZE (999): Chameleon Sunglasses by Corning.
FIFTH PRIZE (999): The Corning Cookbook by Cornelius O'Donnell.

NO PURCHASE IS NECESSARY TO ENTER. To receive an Instant Winner Game Card with a copy of the sweepstakes rules, send a stamped, self-addressed envelope to: Corning Game Card Request, P.O. Box 8231, Medford, N.Y. 11763. Washington residents need not include postage. Inquire as often as you wish. Only one request per envelope and one request per family per day. Requests will be honored through October 31, 1984 or while supplies last. Void in Kansas, Canada, and wherever prohibited, taxed or restricted by law.

Each Corning product shown is covered by warranty.

LOOK FOR YOUR INSTANT WINNER GAME CARD INSIDE SPECIALLY MARKED PACKAGES OF CORNING PRODUCTS.



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Outdorables
Refreshing Comfort



Castaway
Escape to anywhere in this espadrille. Sailcloth upper with jute covered 10/8 wedge heel and trim. Black, Green, *Mocha, *Navy, Red, *Tan, Yellow, White. Narrow and Medium sizes 5-11 & 12. *Wide 6-10. *S 7-10 & 11.

Missy
An attractive style for work or play. Sailcloth upper and quarter strap, cushioned sock. Jute covered 10/8 wedge heel. Green, Mocha, *Navy, Red, *Tan, Yellow. Narrow and Medium sizes 5-11 & 12, *Wide 6-11.

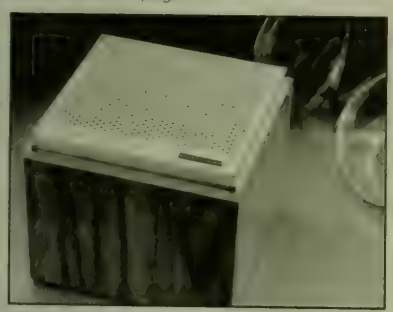
Sunburst
A burst of colorful comfort. Urethane upper, jute covered 10/8 wedge heel. *Bone, *Camelot, Navy, Red, *White. Narrow and Medium sizes 5-11 & 12, *Wide 6-11.

Daniel Green

Daniel Green Company • Outdorable Division • One Main Street • Dolgeville, New York 13329 • 315-429-3131

NEW PRODUCTS

continued from page 58



TALKING CLOCK

Wake to a voice telling you it's five minutes before 7 a.m. Then at the hour you hear a time announcement along with a short melody. The VoxClock™ 2 talking alarm clock has a voice synthesizer that can be set to announce the time on the hour or at the tap of a button. The alarm can be set to count down in 10-minute intervals to the 10-minute mark, then alert you at every minute. Or set the alarm with the five-minute warning at any hour you choose.

The 2⅜x2⅞x2⅞-inch box has simulated walnut grain and is small enough to sit almost anywhere. The clock operates on three AA batteries which are not included. It is ideal for people with impaired vision or those who can't sleep with a lighted-dial clock close by.

VoxClock™ 2, about $40. Tandy Corp./Radio Shack, Dept. BH, 1500 One Tandy Center, Fort Worth, TX 76102.

HANG-UP DRYER

At last, a hair dryer that is ready at your fingertips. The Norelco Wall Mount hair dryer is functional and yet looks attractive hanging on your bathroom wall.

The powerful 1,200-watt dryer has two speeds and three heat settings. As an added safety feature, the on/off switch automatically shuts off when the dryer is returned to the wall bracket. A six-foot coil cord lets you move about freely while drying your hair. Dual lock/release buttons keep the dryer held snugly in the bracket.

At 3¼x9x3⅝ inches, the unit takes up a small amount of wall space. It comes in a neutral cream color to complement most bathroom decors.



Wall Mount hair dryer (Model CWD10), about $35. Norelco Consumer Products Divisions, North American Philips Corp., P.O. Box 10166-BH, Stamford, CT 06904.


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
ULTRA LIGHTS: 5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method;
FILTER 100's: 9 mg. "tar", 0.7 mg. nicotine av. per cigarette, FTC Report MAR. '83.


THE TASTE OF SUCCESS
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Low Tar 5 mg
100's
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VANTAGE 100s
Low Tar 9 mg
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That's Success!

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So go ahead, get close. You've got the fresh breath new Freedent cinnamon gives. A gum you can stay with, without getting stuck on.

Freshen your breath with
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Get new Freedent cinnamon. The only cinnamon gum that freshens breath, without sticking.

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Dan Kaercher

Summer Camp

NEW OPTIONS FOR YOUR CHILD

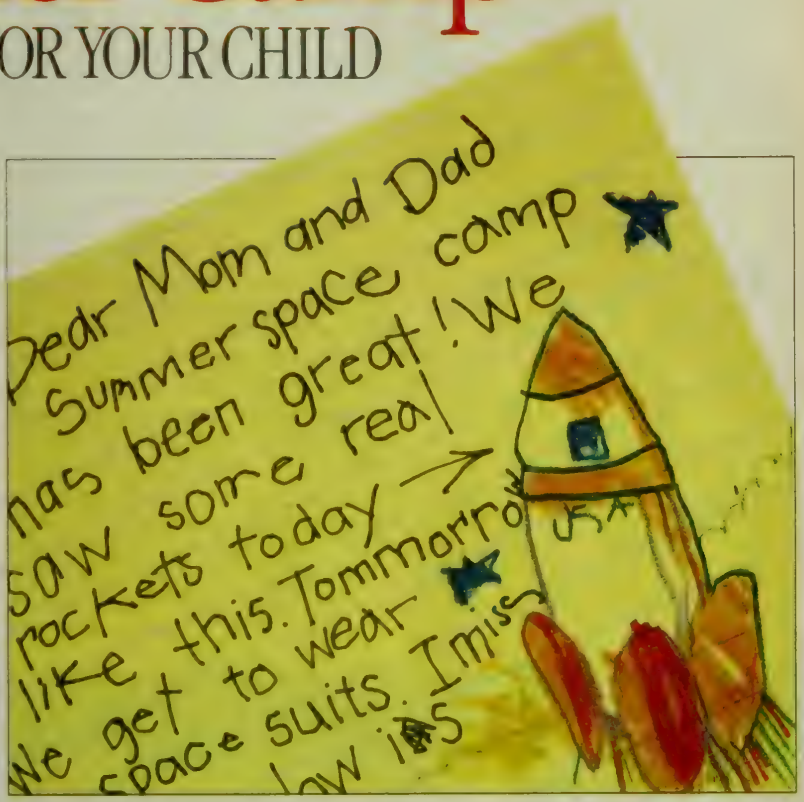
If your idea of summer camp is a few rustic weeks of hiking, canoeing, and Indian crafts, think again. While traditional activities still are a big part of the camp experience, there's much more these days.

At U.S. Space Camp in Alabama, youngsters take the controls on simulated space missions. Seacamp in Florida offers scuba diving. Foreign languages, including Russian and Finnish, are the theme at the International Language Village in Minnesota. At The Original Computer Camp in California, campers get several hours of hands-on computer instruction daily. Fine arts including sculpture, art, and ballet are the focus at Belvoir Terrace in Massachusetts.

Some 10,000 day and resident, or sleep-over, camps this summer will welcome 4 million youngsters for a week, a month, or longer. It's a $3-billion-dollar business, with private camp fees generally ranging from $20 to $50 a day and nonprofit camp fees ranging from $5 to $25 per day.

Most camps are the general interest type, with water and field sports, nature studies, archery, crafts, and other classic camp pastimes, as well as electives like horseback riding, tennis, and golf. At a growing number of camps, special offerings are extraordinarily diverse: computers (computer camps are multiplying like microchips), fine and performing arts, foreign language instruction, wilderness experiences, and even weight management, to name just a few.

For young people who want to hone athletic skills, there are camps for tennis, soccer, gymnastics, golf, aquatics, figure skating, football, basketball, and wrestling. Youngsters with physical impairments don't have to miss out on the fun—many camps cater to children who are wheelchair-bound, blind, deaf, or who have diabetes or cancer. Several local Easter Seal Societies and computer manufacturers even sponsor computer camps for disabled children.



How should you choose a camp?

Select carefully and with your youngster's individual requirements foremost in mind. It may seem obvious, but too many parents don't take the time to investigate camps thoroughly, nor do they involve their children in the selection, says Dr. Margery Scanlin. Dr. Scanlin is director of standards for the American Camping Association.

Here are considerations to weigh when scouting for a camp (the earlier the better, since many camps already are booked for this summer and are taking applications for next year).

- ***Specialty or general-interest camp?*** Does your youngster want to focus on a single interest or skill like playing the tuba, programming computers, or dunking a basketball? Or does a general-interest camp sound more appealing? First-time campers and preteens usually benefit more from a general-interest camp, while older campers are more likely to want some specialization.
- ***Day camp or resident camp?*** Is your youngster independent enough to handle being away from the nest for a week or longer? If not, day camp is a less expensive option that offers enrichment with the security of home at night and on the weekend. However, day camp also can mean a long, boring bus ride twice a day.
- ***Ratio of campers to counselors.*** The American Camping Association (ACA) recommends keeping the ratio of one counselor for every six campers below 8 years of age and one for every eight campers from 8 to 14. Specialty camps usually have higher counselor-to-camper ratios.
- ***Size.*** Specialty camps often benefit from small enrollments, but a small general-interest camp may be a poor choice. Make sure your youngster will have plenty of companions of his or her

continued

Illustration: Judy Neighbor

continued

Summer camp

own age, but not so many that the staff can't develop close relationships with youngsters. The top consideration here is that your youngster be comfortable about the size of the camp, big or small.

- ***Staff.*** General counselors (those who share quarters with youngsters) usually are college students, while special skills instructors often are older. For a camp to be accredited, the ACA requires that at least 80 percent of the counselors be 18 years old or older. Ask how long key staff members have been with the camp, and how many are returning from last year (50 percent or more is a good response). Find out the qualifications of instructors.
- ***Program.*** Many summer camp pros say that a structured program is best for most children. However, a structured program can vary from a tight schedule planned entirely by the staff to a looser schedule that lets your youngster do more of the planning. Ask for a weekly schedule for your child's age group. Note whether a physically demanding activity is followed by a quiet one.
- ***Facilities.*** Check out the camp firsthand if at all possible. What condition are the sleeping quarters in, are they cabins or tents, and are there enough showers and toilets? Where are toilet facilities located? What are the swimming facilities? How far will your child have to go to reach the pool, how deep is it, and is there strict supervision? A lake is fine, if there is proper supervision. Ask how often the laundry is done and who does it. Overall, does the camp appear to be well maintained?
- ***Fees.*** Ask if the fee charged is all-inclusive. Beware of extra charges for side trips, the canteen, laundry service, baggage pickup and return, and other services. *Note:* Working parents who send children under age 15 to summer camps may qualify for the Child and Disabled Dependent Care Credit on their federal income tax returns. Parents who qualify may be able to take a tax credit of up to $720 for one child, depending on the amount of money spent on child care throughout the year and their adjusted gross income. Credit is computed on a sliding scale according to income. There are ceilings and other limitations on the amount you can claim. Day and overnight camp expenses are considered deductible, but any portion spent for education or transportation to and from camp cannot be included. For more information, contact your nearest IRS office.
- ***Medical provisions.*** Be prepared to provide the report of a recent physical exam and your child's medical history. Be sure your child will be covered by health and accident insurance—either under your own policy, the camp's, or a special policy purchased through the camp. Is there a registered nurse or doctor on hand? How many staff members are certified in first aid? How close is the nearest clinic, hospital, or dentist? Ask about special provisions for any special health problems your youngster may have, such as asthma or diabetes.
- ***Food.*** Ask to see a weekly menu. Find out if substitutions are permitted.

SOME DAYS IT TAKES SHEER ENERGY.



Is food allowed in the cabin? Check if the kitchen staff can accommodate any food allergies or special dietary requirements your child may have. *Caution*: A number of specialty camps aim to help overweight youngsters shed pounds. However, Dr. Leonard Newman, a pediatric gastroenterologist at New York Medical College, advises that the whole family must be involved in any lasting change in eating patterns. He tells parents that weight-reduction camps usually are only a short-term solution.

● ***Don't forget*** to ask how often you and your child can contact one another, if and when you can visit, what equipment and clothing are required, and how the staff handles a youngster with a serious case of homesickness.

Before you decide . . .

Take your child's age, interests, and skills into account as you gather information about prospective camps from friends, neighbors, and sources listed at the end of this article. Talk to the camp director or a camp representative as well as to other parents who have sent their children to the camp. Be sure to include your youngster in the selection process, too.

Be open with your child. For example, explain that many youngsters get homesick at first and want to go home. Be sure that your child understands what the camping environment will be like—sleeping quarters, bathroom facilities, and so forth. Ask your child to make a commitment to stick it out for at least a week.

For further information

Camps are operated by private individuals and dozens of organizations—Scouts, the YMCA, YWCA, churches and denominations, and many other groups. To learn more about finding the right camp for your child, use these sources, which you can send for or find at your library (publications are free unless otherwise noted):

● The *1984 Parents' Guide to Accredited Camps*, published by the ACA, lists some 2,200 day and resident camps nationwide. Write to: ACA Headquarters, Bradford Woods, Martinsville, IN 46151 ($6.95 postpaid in the continental U.S.; $8.25 in Alaska and Hawaii).

● *The Guide to Summer Camps and Summer Schools*, published by Porter Sargent Publishers, Inc., 11 Beacon St., Boston MA 02108 ($15 for the softcover edition).

● *A Guide for Selecting a Private Camp*, Association of Independent Camps, 60 Madison Ave., Suite 1012, New York, NY 10010.

● *Directory of Jewish Resident Camps*, JWB Publication Services, 15 E. 26th St., New York, NY 10010 ($6.50).

● *YMCA Directory of Resident Camping*, YMCA of the USA, Camping Services, 101 N. Wacker Dr., Chicago, IL 60606 ($3).

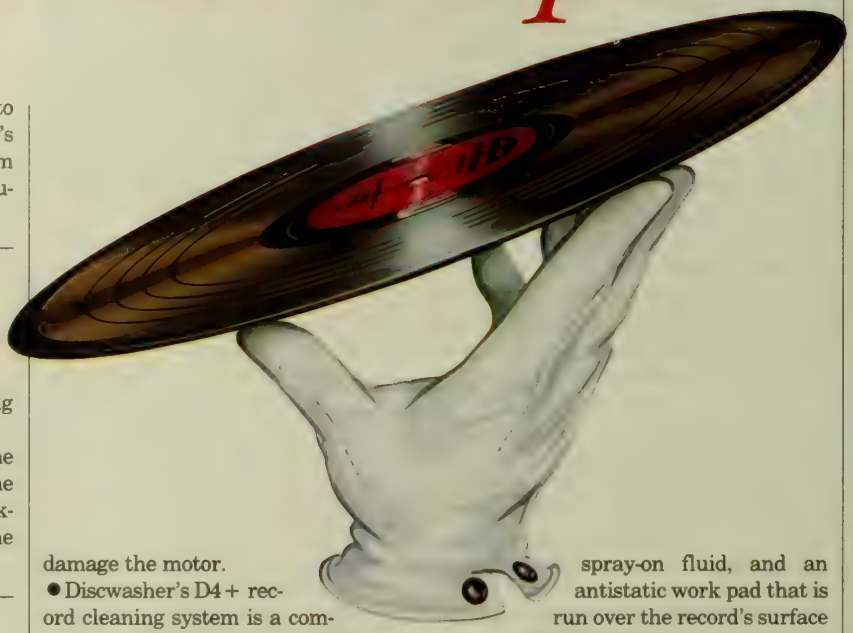
● *YWCA Resident Camps*, National Board of the YWCA of the USA, 135 W. 50th St., New York, NY 10020.

● For details about Easter Seal computer camps for disabled children, call or write Stu Mace, program specialist, National Easter Seal Society, 2023 W. Ogden Ave., Chicago, IL 60612.

—With Ed Robins, teacher, writer, and summer camp aquatics director



Record Care Tips



Most new records come to you factory pure, but it's up to you to keep them that way. A few precautions can make all the difference.

Storing your albums

Warping is a primary threat to records. Store albums away from heat. The best storage space is snug enough to keep records upright. If that's not possible, horizontal stacking is better than letting records lean.

When you buy a record, remove the plastic shrink-wrap surrounding the jacket to prevent the wrap from shrinking further and possibly causing the whole album to buckle.

Protecting the grooves

When dust and fingerprints get on a record's surface, the stylus (the needle) can't accurately "read" and relay the musical information that's stored in the grooves. The result often becomes an annoying clicking or popping. Even worse, the stylus grinds tiny particles of dirt into the record vinyl, the residue hardens, and the needle skips over the grooves, often causing scratches.

Never touch the record's playing surface with your fingertips. Hold the record by the edge and/or the center label area *only*. Use the dust cover to protect the turntable surface, even while records are playing, and put records away immediately after they're played. Also clean records each time just before playing them (see below). Cleaning them again before storing is optional.

Be sure that your turntable is readily accessible. If you have to crouch or crane your neck to clean records, it's unlikely that you'll do it consistently.

Cleaning products

It's essential to choose a product that you'll use unfailingly—a matter of personal preference. The first three top sellers that follow work best when you put the record on your turntable before cleaning. Don't try to clean with the machine running, however; you could damage the motor.

- Discwasher's D4+ record cleaning system is a compact longtime favorite of many audiophiles. You put three drops of the special fluid on the cleaning pad, which has a walnut handle and a velvetlike fabric engineered to remove particles efficiently. Wipe gently along the grooves. The handle houses a small bottle of fluid and a brush used to remove particles from the pad after each cleaning ($16.50; $2.50, $10, $17 for various amounts of replacement fluid).
- Audio Technica's Techniclean record maintenance system has a sleek, modern look. A special cleaning solution is transferred from the bottle to the reservoir inside the cleaning pad, then fed automatically to the leading edge of the pad. You can clean several records without refilling the internal fluid reservoir. There's a base to cradle the pad and house the after-cleaning debris brush when not in use ($24.95; $2.95 and $9.95 for bottles of solution).
- With 3M's Scotch record care system, you just press on the applicator to release the correct amount of cleaning fluid. After placing the record on the turntable, hook one end of the applicator to the turntable spindle and rotate the pad once around the record ($27.99; replacement fluid about $8).
- Allsop's Orbitrac record-cleaning system uses a round cleaning pad, spray-on fluid, and an antistatic work pad that is run over the record's surface ($15.95; $8.95 for an 8-ounce bottle of solution, $7.95 for a kit with two replacement pads and a small bottle of solution).

Other cleaning tools

Various products can supplement your regular cleaning routine.

- Even with conscientious record care, you should clean the stylus from time to time. Kits that won't damage the delicate moving parts of the phono cartridge are available from Discwasher, Audio Technica, Allsop, and others. A gentle touch is required when cleaning the stylus in order to protect the tiny cantilever on which it is mounted. Rough handling can cause the needle to mistrack, and can break the cantilever. (Kits run from $8 to $13.)
- You can reduce static cling and friction between stylus and groove by using specially designed lubricants and preservatives that are sprayed onto a clean record surface and then buffed until the record is dry. That can take about 15 minutes, and critics claim that the substances gradually come off onto the stylus, adding undesirable residue. Unless patience is your forte, more traditional cleaning methods are a better choice ($13 to $24).

Illustration: Art Factory

5,000,000 have diabetes and don't know it...

You could be one

It's estimated that 5 million Americans have diabetes and don't know it. The early symptoms are vague and may seem minor. As a result, they are often ignored or not taken seriously enough. Yet, if undiagnosed, diabetes can lead to serious complications affecting various parts of the body, including eyes, heart, kidneys, brain or even life itself.

What are the symptoms of diabetes?
There may be none. Or there may be such simple things as an increase in skin infections or a slower healing of bruises and cuts. Also, be aware of excessive thirst or hunger, frequent need to urinate and extreme fatigue.

These symptoms do not necessarily occur all at once and they usually develop gradually. So it's easy to understand how they can be overlooked or considered part of the normal aging process.

It is important, therefore, to be alert to changes in your body and report them directly to your doctor. You have a greater chance of being diabetic if you are over 40, overweight or have a history of diabetes anywhere in the family.

What is diabetes?
Diabetes is a disorder in which the body cannot control the levels of sugar in the blood. Normally the hormone, insulin, regulates the blood sugar level. But if your body does not produce or effectively use its insulin, diabetes results.

Treatment of diabetes.
Diabetes usually can be successfully managed. Some diabetics need no more than weight reduction, the right foods and moderate exercise to bring blood sugar levels under control. And, if these changes are not enough, a simple oral medication is all that may be needed. Today, even those who need insulin can be better and more comfortably managed by their doctors than ever before.

The diagnosis is easy.
But only your doctor can make it. And remember, if you are over 40 and overweight, or have diabetes in your family, you should have regular blood and urine tests. Early diagnosis in adults can lead to better management and fewer problems later on.

Only your doctor can prescribe treatment.
Follow your doctor's advice about diet, exercise and medication. Also, be aware that you have a support system, which we call...

Partners in Healthcare:

You are the most important partner.
Only you can see your doctor for a proper medical checkup. And it's you who must decide to accept the guidance and counseling of your physician and other healthcare professionals. When medications are prescribed, only you can take them as directed.

Your doctor orders your tests and makes the diagnosis.
Your physician will advise you on your weight, your diet and your exercise, and also decide if you require medication. He will help you monitor your progress.

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Pfizer's ongoing research brings you essential medicines for a wide range of diseases. Through our development of these medicines, we are fulfilling our responsibility as one of your partners in healthcare.

For additional information on diabetes, please contact your local American Diabetes Association affiliate.

For reprints of this Healthcare Series, please write: Pfizer Pharmaceuticals, Post Office Box 3852D, Grand Central Station, New York, NY 10163.

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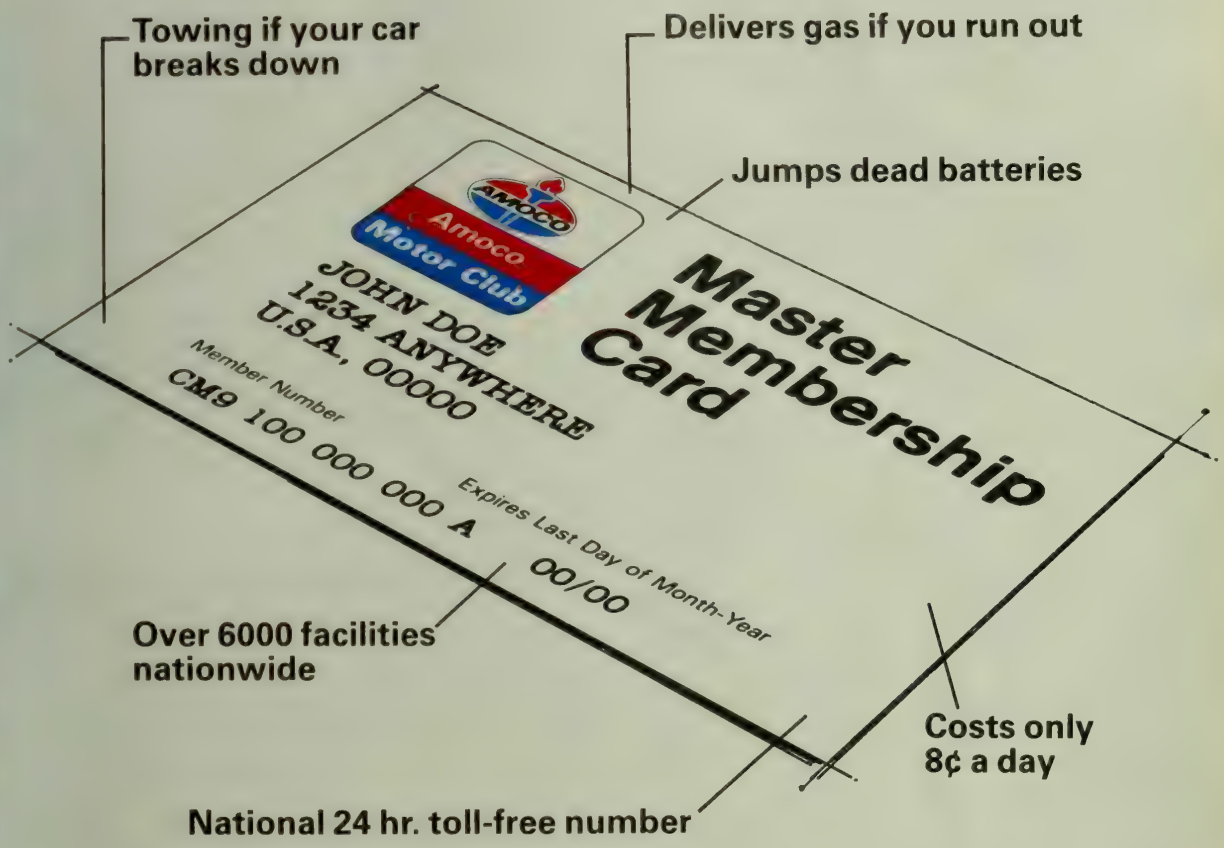
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So today, in addition to front-wheel drive, four-wheel independent suspension, and efficient performance that you've come to expect from a technologically advanced car, we offer more.

Like an optional engine control system that uses the most advanced on-board computer ever put in a car, to keep seven different engine functions constantly working at peak performance.

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And a completely redesigned instrument panel that places driver controls where research has found you're likely to reach for them.

There have been major refinements such as the offering of five different power plants, including a newly designed diesel model that delivers fuel-economy ratings of 68 EST. HWY. 46 EPA EST. MPG. With its 13-gallon fuel tank, Lynx's estimated range is



598 miles, and its estimated highway rang is an incredible 884 miles.*

And small painstaking additions that are perhaps even surer signs of the Mercur commitment to quality.

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Listening to Lynx owner suggestions has also led to changes.

Refinements to Lynx, for example, hav

Get it together—buckle up



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*Use for comparison. Actual mileage and range may differ depending on speed, trip length and weather. Actual highway mileage and range lower. Applicable to L Series 3-door diesel units without air conditioning or power steering. Not available in California.

**Based on a survey of owner-reported problems during the first three months of ownership of 1983 Mercury Lynx and Nissan Sentra automobiles.

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New Ideas



Low-salt cooking that's high on flavor

As we become more aware of the possible dangers of eating too much salt, we need to find ways to cut down our sodium intake without cutting down on flavor. This new cookbook from Better Homes and Gardens® proves that low-salt cooking does not have to be low on excitement. It has 113 really delicious recipes for main dishes, desserts, snacks, and beverages, all of which substitute most of the salt with other flavor enhancers. Other sections in this useful book include ideas on how to replace high-salt items like peanut butter and catsup, nutritional analyses for each recipe, and a 5-page chart that lists the sodium content of most common foods. Get your copy of *Low Salt Cooking* at your booksellers, and discover how flavorful healthy eating can be.

A unique step-by-step cookbook for kids

This new cookbook is an absolute must for anyone who has anything to do with kids. Better Homes and Gardens® *Step-by-Step Kids' Cook Book* leads budding cooks from the simple beginnings of food preparation right through to more complicated techniques such as bread making, and even complete dinners. Many of the easy recipes require no cooking. Wherever adult help is recommended, it is clearly flagged, and the text is laced with easy-to-understand directions like "using a wooden spoon, stir the sauce", "turn the burner on", and even "wash hands" and "clean up!". Written with the child reader always in mind (the photographs were all taken from kids' eye level), careful attention was paid to the advice of teachers, parents, and, especially, kids. This unique cookbook is available wherever books are sold, and will make an absorbing gift for the kids in your life.

Cottages, coverlets, country living, and kubbelstoler

The May/June 1984 issue of *Country Home*® brings the many pleasures of country-style living into your home! This issue is packed with interesting and varied features that will fascinate anyone with a penchant for the rural life. In addition to the article on *kubbelstoler* (the ancient Norwegian craft of carving chairs from tree trunks, carried on today in Minnesota by Halvor Landswerk), there are features on woven coverlets, collecting and collectors, country gardens, country living, and how the Government is helping to preserve our architectural history. You'll also learn how Jack and Joanne Conti restored six run-down stone cottages, and how Pat and Dave Payne refurbished their 1700's Massachusetts seaside home. The May/June 1984 edition of *Country Home* is at your magazine retailer's now. If you like country living, we think you'll love it. On sale April 19th.

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THE TIP



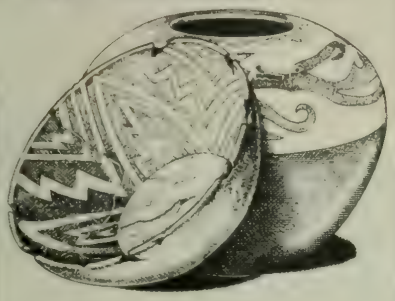
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Antiques & Collectibles

Indian Pottery of the Southwest



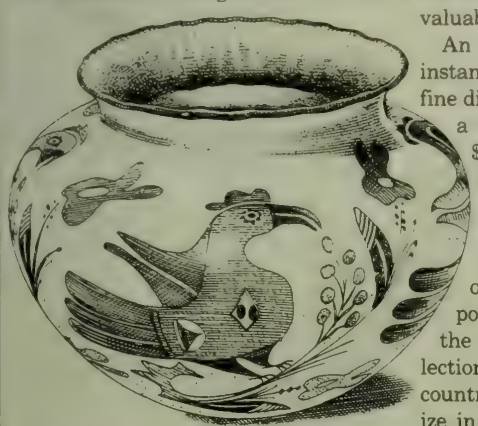
Few American antiques have a history as long and varied as that of Indian pottery of the Southwest. The art of pottery making is nearly 2,000 years old in this region.

In early times, ceramic ware was an essential part of the Indians' everyday life; it was used for cooking, eating, and storage, as well as for ceremonial rituals. Forms and styles of decoration differed from tribe to tribe.

By the 1900s, metal containers replaced ceramic ware for most storage and cooking needs. But demand for decorative pieces increased, and pottery was made for sale to dealers and collectors. The decoration and color of the pottery was still loosely tied to tribal affiliations, but the stylistic boundaries generally softened.

Southwest pottery is so diverse that age is used for general organization. Basically, the three main groups include ancient pottery, some of it over 500 years old, pottery made from 1800 to 1945, and pottery made after 1945.

Surprisingly enough, ancient pottery is still relatively plentiful. Examples are excavated from graves or old village sites, so they often are reglued from fragments or are incomplete in some way. They're also costly; most examples run in the $250 to $2,500 range.



These ancient artifacts can be extremely attractive. Pottery with zigzag lightning bolts in contrasting light and dark colors, and forms decorated with human or animal figures (usually of the stick figure variety) are highly prized for their creative designs.

Indian pottery made from 1800 up to World War II—especially that made prior to 1920—also is eagerly sought today. The best examples of this group are well formed, undamaged, and have interesting geometric decoration.

Pottery with animal figures, such as deer, rabbits, or birds, is especially valuable. Large pieces were more difficult to make, and thus are rarer and command high prices.

Pottery made after 1945 is more readily available than earlier pieces, but it varies in quality and value. Precise workmanship and, in most cases, the presence of the artist's signature, can help you identify the best and most valuable examples.

An unsigned, ten-year-old bowl, for instance, may cost as little as $10, but a fine dish of the same vintage signed by a famous potter could well bring $500 or more.

The Southwest states still remain the best place to find authentic Indian pottery original to the region. The reservations often sell new and old pieces, and pottery dealers in the area around the reservations offer extensive collections as well. In other parts of the country, seek out dealers who specialize in this field, contact fellow collectors, and watch for announcements of auctions and house sales that include Indian pottery collections. A lot of Indian pottery has been brought out of the Southwest over the years, so it shows up in all over the United States.

—With William C. Ketchum

Illustrations: Roger Leyonmark



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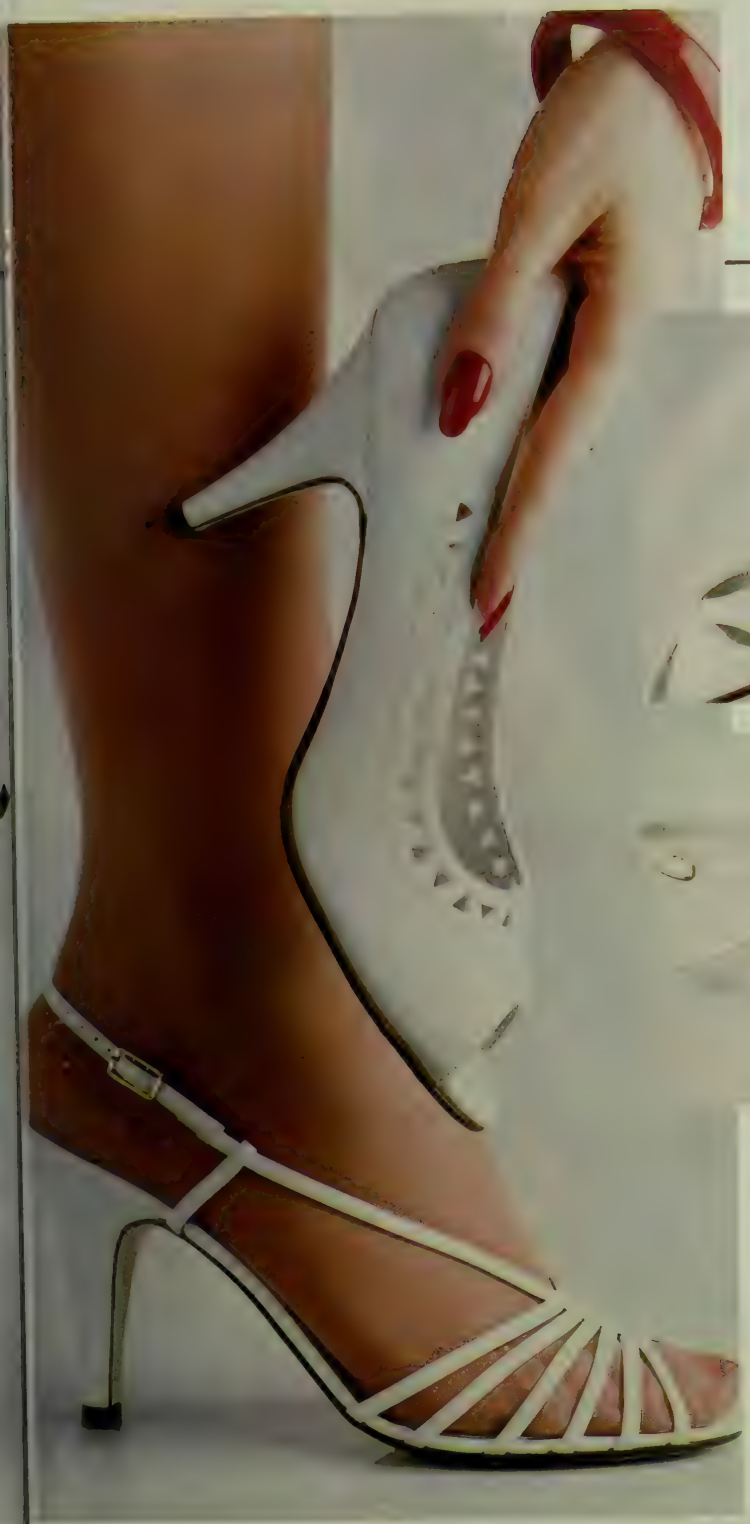
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What To Do If You Have A CAR ACCIDENT

Even a minor car accident can make you anxious or angry, but it's important to behave logically and calmly. Set about gathering the information required to make a claim. If you take the following steps after the accident, you'll get the accurate documentation you need to speed the settlement process and put your car back into service.



WHAT TO DO AT THE SCENE
(see article for details)

1. Insist that both vehicles remain in the accident position.
2. Call the police.
3. Get the other driver's name, address, vehicle identification, and insurance policy information.
4. Note the time of day and special conditions, such as weather.
5. Write down the accident location and your sense of what happened.
6. Get names and addresses of other witnesses.
7. Try to get photographs.
8. Take names and badge numbers of police officers.

At the scene

Presuming you haven't been injured in the accident, get out of your car and insist to the other driver that both vehicles remain in the accident position. Then call the police. Their report will describe the accident, complete with a diagram showing the position of each vehicle. That kind of detail can help reconstruct the events leading to the accident and perhaps pinpoint who was responsible.

While waiting for the police to arrive, get the following information from the other driver:

- Name, address, home and work telephone numbers
- Driver's license number and the state in which it was issued
- Name, address, home, and work telephone numbers of the owner of the vehicle, if different from the driver's
- Year, make, and model of the vehicle
- License plate number and state
- Vehicle identification number, which usually can be found on the dashboard
- Insurance company, policy number, and policy expiration date

Note the time of day that the accident occurred, along with such contributing factors as weather conditions, improper street lighting, and roadway obstructions.

Also write down the exact location of the accident and try to formulate statements that will give a concise description of what happened. For example: "I was traveling north on Cedar Street in the right lane, approaching the intersection of Cedar and Birch streets. I stopped my car for a red light, approximately 15 feet from the corner, and the other vehicle struck my vehicle from behind."

If possible, obtain the names and addresses of any "independent witnesses" who are neither passengers nor friends. Their statements can confirm your version of the accident and expedite the settlement.

In addition, see if you can get some photographs of the event. There may be someone with a camera nearby who could be recruited to take pictures for a nominal sum. That kind of evidence could help you prove your case to the insurance companies and possibly later in court.

Some or all of this information may be recorded on the police report. It's possible, though, that you or the other driver will question the accuracy of the officers' report. Also, you may need the details of the accident before the police report is released. Your own diligence at the scene will pay off by making all information available when you need it

continued

Illustration: Art Factory

Car accident

and providing you with a record of the accident details as you experienced them.

Finally, before leaving the accident scene, get the names and badge numbers of the responding officers along with their precinct number or police district number. You may need the officers' statements to confirm allegations made by you—or disclaim ones made by the other driver.

What does insurance cover?

Check the details in your auto insurance policy as soon as possible. The collision coverage in your policy will pay for damage to your car, while the liability coverage will pay for damage to the other vehicle—presuming that you are found liable for the accident. But don't have your car fixed without first giving your insurance company an opportunity to assess the damage. They may or may not require more than one estimate before giving you the go-ahead to get the car repaired.

In most multiple-car accidents, at least one of the drivers will eventually be found to be legally liable for the mishap. If you are not at fault, you or your insurance company can file a damage claim under the other driver's liability coverage. Collision coverage, however, provides a quick way to get your car repaired in the meantime, whatever your legal responsibility for the accident. Who ultimately pays depends upon what the insurance companies work out (see below).

How does the deductible work?

The deductible is a stated amount that you will have to pay toward the cost of repairing your car if you are at fault in an accident. If the appraised repairs are $600 for each car and your deductible is $200, the insurance company will pay the full $600 for repair of the other car (covered under the liability clause of your policy) but only $400 for yours. The higher the deductible, the smaller your premiums.

If your insurance company makes a collision payment to repair or replace your vehicle, and the accident is not your fault, the company will negotiate with the other driver's insurer in an attempt to recover in part or in full the collision payment for itself and the deductible for you. In the event that the companies cannot agree on the amount to be returned, or the other driver is uninsured, the company will seek to recover the money through the courts or arbitration.

How much will the company pay?

In most cases, the insurance company's total limit of liability for damage to a vehicle in a collision will be the lesser of the actual cash value of the car or the amount necessary to repair or replace it. The actual cash value is the present market price. If it would cost $10,000 to repair a 1981 sedan, but the car is worth $8,500 on the market, the company will pay the actual cash value of the vehicle—that is, $8,500—since that's the lesser of the two appraisals.

At least four companies now offer some kind of "replacement" or "repair" cost coverage. Pricing and coverage differ somewhat among the companies, but Kemper, for example, charges about 10 percent of the combined collision and comprehensive premium for a policy that will repair your car, even if the repair cost exceeds the car's market value. If the car can't be repaired economically, the insurer will replace it with a brand-new one. The additional coverage doesn't apply to damage caused by fire, theft, or larceny.

Note: If the other driver or the driver's insurance company pays you for your damages after your own company has reimbursed you, you are obligated under your policy to return the insurance money to your insurer.

Dealing with your insurer

If your policy provides collision coverage, call your insurance agent and report all the facts as gathered from the scene. Both you and your agent are obligated to give prompt notice of a collision to the insurance company, reporting how, when, and where the accident happened. Some companies provide a toll-free claim service telephone number to help you report the accident immediately; others rely on the claim services of the insurance agent. Find out from your agent or the insurance company which reporting method would be most efficient for their purposes.

Back up all telephone conversations you have with the insurer by sending letters confirming the details of your discussions. Send the letters by certified mail, return receipt requested, and keep copies of all correspondence. The extra postage costs are worth it because you'll have a record of when the company received your letter. That's important because of the "prompt notice" most insurers require.

Suppose you don't have collision coverage

In that case, presuming you feel that the other driver is responsible for the accident, contact your agent for advice. He or she will refer you to the local claims office of the other driver's insurance company. Again, send certified letters to confirm your phone calls.

What if the other driver doesn't have an enforceable insurance policy? You still have an outlet for legal recovery if there's a small claims court in your area. Depending on state law, you can present a legal claim for damages for around $1,000 to $1,500 or more without retaining an attorney. Your diligence at the scene will again pay off by providing you with solid details to back up your damage claim.

What should you expect from the insurance companies?

Whether you file a claim on your own collision coverage or against the other driver, you should expect the affected companies to provide:

- A notice to you acknowledging receipt of your claim along with your claim file reference number
- Directives concerning how and when the damage to your vehicle will be inspected and appraised
- An itemized report stating how the company arrived at the damage settlement figure
- Specific reasons for the denial of any claim
- Courteous and efficient service

Any lawsuit that is filed or served against you should immediately be referred to your agent and the insurance company. Unless the company cites specific reasons why it will not do so, you should expect it to defend your interests in any suit involving the car covered by their policy.

—By Ann Coor



he biggest news in ceiling fan history isn't on the ceiling.

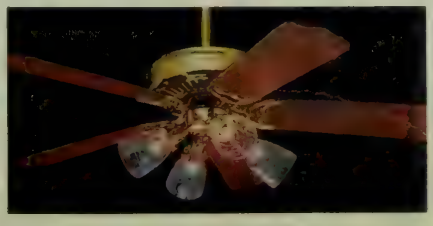


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Keeping Your Chimney Clean

Now that the heating season has passed, it's time to check your chimney for creosote buildup. When hot gases rise inside the flue and come in contact with cooler surfaces, they condense into a tarlike liquid that hardens into a crust resembling charcoal. And like charcoal, creosote crust can become red hot—hot enough to crack masonry and loosen stovepipe sections. Also, glowing coals can leap out of the chimney and set your roof on fire. You can't keep creosote from forming, but you can prevent it from building up to a hazardous level.

If you're bothered by heights or dislike jobs that are especially grimy, you may want to hire a professional chimney cleaner. More and more families have begun using fireplaces and wood-burning stoves to gain relief from spiraling utility bills, so there's likely to be at least one reputable chimney sweep in your area. If, on the other hand, you prefer to do your own maintenance, here are some tips to follow.

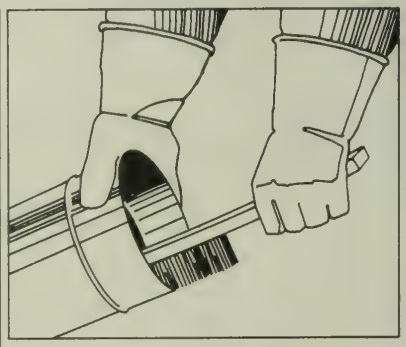
Checking for creosote

Just a quarter inch of creosote poses a threat. Since there's no precise way to determine how quickly that much creosote will form in your chimney, your best bet is to check your stovepipe or chimney often. That way you'll always know how much creosote has formed.

If you have a stovepipe, check it for creosote by rapping it with a knuckle. A clean pipe will ring; a creosote-coated one will not. As a double check, disassemble a portion of the pipe and look into it. If you have a masonry chimney, look into it through the cleanout door, the firebox, or the top, using a mirror if necessary to see into the sections around the corners.

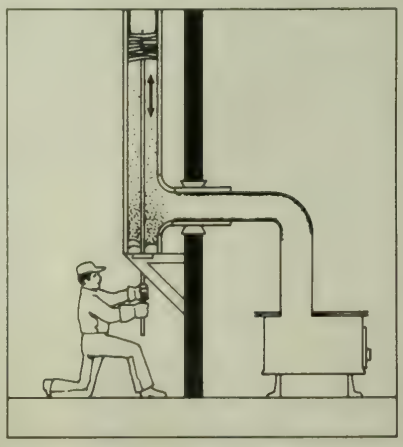
Removing existing creosote

Some people recommend using extremely hot fires to burn off existing creosote, but this can lead to chimney fires, which can be dangerous. Other people recommend adding various chemicals to the fire to break up the creosote. These chemicals probably can't hurt anything, but they can't break up thick creosote deposits, either.



There appears to be only one sure way to clean chimneys, and it hasn't changed appreciably in hundreds of years. You must insert something in the chimney that can be moved around vigorously to loosen the crust and scrape it away. (While cleaning your chimney, be sure to always wear a face mask so you won't inhale the potentially harmful dust.)

Stovepipes. The location of the stovepipe sections determines the most effective means of cleaning. If the sections are located inside the house, they can be disassembled as shown *(above)*, and cleaned with any wire brush that will reach at least halfway into each. This is best done outdoors. Mark the



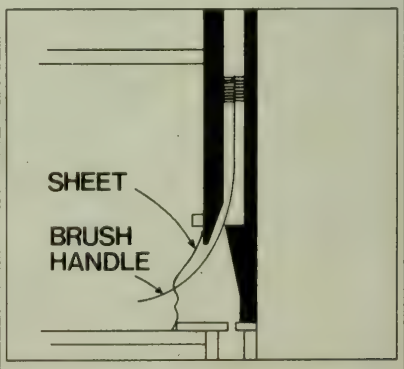
pieces as you take them apart so you'll be able to reassemble them correctly.

The sections outside the house might have a cleanout tee *(above)*. If so, just remove the bottom of the tee and shove the chimney brush up the pipe. If there is no tee, the cleaning procedure is much like that shown for chimneys.



Masonry chimneys. When cleaning a masonry chimney, you can work either from the roof or from inside the house. Either way, be sure to seal the opening to the firebox *(above)* so that creosote dust won't pour out of the flue and float all over the room.

Remove the fireplace damper if you can. If you can't, you'll have to work around it. Use an old sheet or tarp to seal off the firebox. If you choose to work from inside the house, cut a slit in



the cloth large enough to manipulate the handle of the brush before taping the cloth across the opening.

Fiber glass handle sections are rigid enough to be easily manipulated yet flexible enough to bend around corners *(above)*. Shove the brush into the chimney from either the top or the bottom and move the brush back and forth a few times. Then add another handle section and repeat the process until you've cleaned the entire chimney. (Working from inside the house is safer than standing on the roof—especially if the roof is icy. If you do the job from inside in cold weather, warm room air

continued


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continued

Keeping your chimney clean

will push some of the loosened soot up the chimney.

If you choose to use a brush on a rope and work from the roof, attach the brush to a weight that's heavy enough to pull it through all of the creosote. A brush attached to two ropes can be moved back and forth by two workers in a tug-of-war manner.

When the brushing is complete, clean the smoke shelf of the chimney and shovel up the creosote that has accumulated in the firebox. Clean and replace the damper. Also, brush the inner walls of the stove or firebox with a hand-held wire brush.

Minimizing creosote buildup

To keep creosote formation at a manageable level, you should follow these three suggestions in choosing your fuel and using your stove or fireplace.

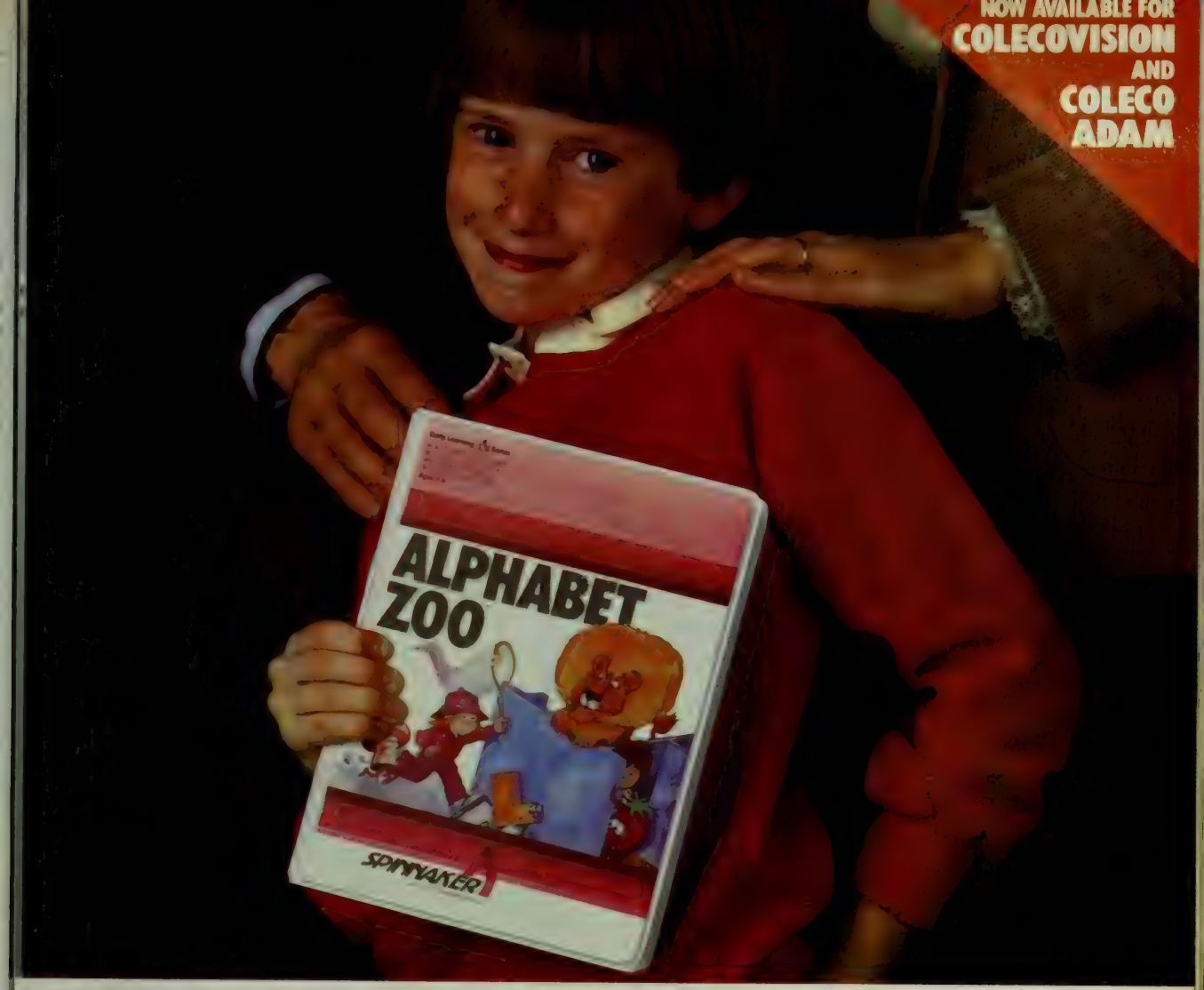
1. Use fairly dry wood. To ensure proper moisture content (about 15%), store the wood in a dry, heated place for six months to a year.

2. Use hardwood. It has fewer resins than softwood and therefore produces less smoke. It also burns longer, so you use less fuel.

3. Give the fire plenty of air. Creosote forms quickly whenever a fire runs low on oxygen. To slow the accumulation of new creosote and safely burn off a little of the old stuff, follow this procedure when adding wood: Open the air inlets or damper to rev up the existing fire; add a small amount of wood; then leave the inlets or damper open for a while longer to make sure the new fuel is burning well. After this initial hot burn, you can close the air inlets or damper a bit to reduce the intensity of the fire. (As a rule, it's better to adjust heat output with the fuel supply than with the air supply.)

For more information

Two excellent books on chimney cleaning are *Be Your Own Chimney Sweep* by Chris Curtis and Don Post ($5.50 postpaid), and *Wood Heat Safety* by Jay Shelton ($9.95 postpaid), from Garden Way Publishing, 540 Ferry Rds., Charlotte, VT 05445.



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Furniture with a Southwest Heritage

Home furnishings were scarce in the old Southwest, but the pieces a family did own were a true reflection of the region's rich and varied heritage. Today, these vintage designs are inspiring many quality reproduction furniture pieces. The rustic ponderosa pine furnishings here, for instance, are fashioned after antiques found in New Mexico. Each piece has its own story to tell.

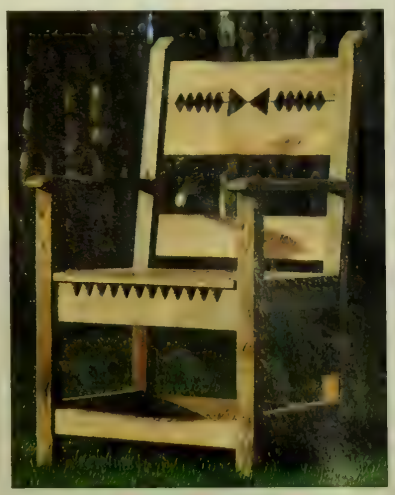
The original design of the reproduction priest's chair *(below left)* dates to the first half of the 19th century. In those days, chairs normally were built to be used only by priests in church or in a home when they visited. The carved stair-step pattern on the chair's uprights is a common detail of New Mexican furniture.

This cupboard, or *trastero (right),* is fashioned after an old pie safe that probably spent its life in a kitchen. Instead of punched tin inserts, like those used in similar cupboards built in eastern or midwestern states, cruciform shapes were cut out of the wood doors to provide the needed air circulation.

An antique chair was the inspiration for this handsome bench *(below right).* The bench's back and front slats have decisive Spanish and Mexican overtones, common in motifs of the Southwest. Since chairs were scarce, most early settlers used benches like this one for their main seating. BH&G

Photographs: Hopkins Associates. Field editor: Carolyn Fleig
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FOOD

Caper Creations

Tiny capers can add a burst of flavor to your special-occasion fare. These round and slightly bitter buds, usually sold pickled, come from a wild plant that grows in the Mediterranean. Since capers' distinctive flavor goes a long way, stir only small amounts (even a tablespoon will do) of whole or chopped capers into meat sauces, vegetable dishes, and salads. Or simply sprinkle some capers atop individual servings of cold meat or poultry for a unique garnish.

TOMATO-CAPER TART

Pastry for 1-crust 9-inch pie
2 slightly beaten eggs
1 cup cream-style cottage cheese
½ cup dairy sour cream
2 tablespoons chopped capers
6 cherry tomatoes, halved

On a lightly floured surface roll out pastry to a 12-inch circle. Line a 9-inch pie plate or quiche dish with the pastry. Trim pastry to ½ inch beyond edge of pie plate; flute. (If using quiche dish, trim pastry to 1 inch up side of dish.) Do not prick pastry. Line pastry shell with a double thickness of heavy-duty foil. Bake pastry in a 450° oven for 5 minutes. Remove foil from crust. Bake 4 to 5 minutes more. Remove pie shell from oven. Reduce oven temperature to 325°. Combine eggs, cottage cheese, sour cream, and capers; pour into warm pie shell. Arrange tomato halves, cut side up, atop filling. Bake in a 325° oven for 20 to 25 minutes or till knife inserted near center comes out clean. Remove to wire rack. Serve at room temperature. Refrigerate, covered, to store. Makes 12 appetizer servings.

CHICKEN AND CAPER CROISSANTS

½ of an 8-ounce package soft-style cream cheese
2 tablespoons capers, drained
4 whole wheat croissants, halved lengthwise



4 slices cooked chicken
Spinach leaves
Thinly sliced tomatoes
Alfalfa *or* bean sprouts
Butter *or* margarine, softened

In a mixing bowl combine cream cheese and capers till well blended. Spread cheese mixture on cut sides of croissants. Lay chicken, spinach, tomato, and sprouts atop cheese mixture on the bottom half of each croissant. Place other croissant half atop each. Makes 4 servings.

Photograph: Mike Dieter



"Avignon" and other patterns from our Moselle Collection in English Porcelain are priced at $60* for a five-piece place setting. For our complete catalog, please write: Royal Doulton, Dept. 768, 700 Cottontail Lane, Somerset, NJ 08873. *Suggested retail.

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Zesty Pesto

Pesto, a classic Italian seasoning blend, is fast becoming a popular flavoring ingredient with American cooks. "Pesto" refers to any herb paste, but the most common form combines fresh basil with Parmesan cheese, nuts, garlic, and oil.

This versatile blend adds bold flavor to a variety of dishes including pasta, meats, and soups. Sample pesto in the three recipes below. Or, for a simple pleasure, just toss ½ cup pesto with 6 ounces hot, cooked, buttered pasta. You can prepare homemade pesto using fresh or dried basil. Or, purchase jars of pesto at Italian specialty shops.



FRESH BASIL PESTO

1 cup firmly packed snipped fresh basil
½ cup snipped parsley
½ cup grated Parmesan *or* Romano cheese (2 ounces)
¼ cup pine nuts, walnuts, *or* almonds
1 or 2 cloves garlic, quartered
¼ teaspoon salt
⅓ cup olive *or* cooking oil

Place basil, parsley, cheese, nuts, garlic, and salt in blender container or food processor bowl. Cover; blend with several on/off turns till a paste forms. With machine running slowly, gradually add the oil and blend till of consistency of soft butter. Turn into storage container. Refrigerate up to 1 month or freeze till needed. Thaw pesto, if frozen, before using. Makes 1 cup.

Parsley Pesto: Prepare Fresh Basil Pesto as above *except* substitute ¼ cup dried basil, crushed, for the fresh basil and increase the snipped parsley to 1½ cups. Continue as directed.

LAYERED HERB QUICHE

Pastry for 1-crust 9-inch pie
3 beaten eggs
1¼ cups milk
¾ cup shredded mozzarella cheese
½ cup pesto
4 teaspoons all-purpose flour

On a lightly floured surface roll out pastry to a 12-inch circle. Line a 9-inch quiche dish or pie plate with the pastry. Flute edge. Do not prick pastry. Line pastry with a double thickness of heavy-duty foil. Bake in 450° oven 5 minutes. Remove foil. Bake 5 to 7 minutes more or till crust is nearly done. Remove pastry from oven. Reduce oven temperature to 325°. In a bowl combine remaining ingredients; mix well. Pour into warm pie shell. Bake in 325° oven 35 to 40 minutes or till knife inserted near center comes out clean. Remove to wire rack. Let stand 10 minutes before serving. Or, cool, cover, and chill before serving. Makes 10 appetizer servings.

VEGETABLE PESTO SOUP

1 medium potato, finely chopped
1 small onion, chopped
¾ cup water
1 teaspoon instant chicken bouillon granules
1 cup sliced zucchini
¾ cup milk
¼ cup pesto
Grated Parmesan cheese

In saucepan combine potato, onion, water, and bouillon granules. Bring to boiling; reduce heat. Cover and simmer 5 minutes. Add zucchini; cook 5 minutes more or till vegetables are almost tender. Transfer *half* the vegetable mixture to blender container or food processor bowl. Add the milk. Cover; blend till smooth. Return mixture to saucepan with remaining vegetables. Stir in pesto; heat through. Ladle into bowls. Sprinkle cheese atop each serving. Makes 4 appetizer servings.

PESTO, PROSCIUTTO, AND PASTA

2 medium carrots, cut into julienne strips
1 cup sliced fresh mushrooms
3 tablespoons sliced green onions
2 tablespoons butter *or* margarine
6 ounces prosciutto *or* fully cooked ham, cut into bite-size strips
½ cup milk
¼ cup pesto
6 ounces hot cooked linguine
½ cup shredded Gruyère cheese (2 ounces)

In covered saucepan cook the carrots in a small amount of boiling salted water for 10 minutes or just till crisp-tender. Drain well. In 10-inch skillet cook the mushrooms and onions in butter or margarine for 5 minutes or till vegetables are tender. Remove vegetables from skillet with a slotted spoon. Add prosciutto or ham to skillet drippings; cook and stir till light brown and heated through. Stir in milk and pesto. Return vegetables to skillet; heat through. Toss vegetable mixture with hot pasta till well coated. Serve immediately. Sprinkle cheese atop each serving. Makes 4 main-dish servings.

Photograph: Mike Dieter



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Office Furnishings Come Home

Some of the most appealing contemporary "home" furnishings originally were made for office or business use. Because of their commercial background, these pieces generally aren't available in regular furniture stores—but don't let that stop you from owning them. Stores that sell office furniture often are open to, and they welcome, residential customers.

Commercial outlets offer top-of-the-line designs by such revered masters as Marcel Breuer, Ludwig Mies van der Rohe, Charles Eames, Eero Saarinen, Josef Hoffman, and Eileen Gray. The furnishings are undeniably high style and sophisticated, but they're also constructed to stand up to rigorous use. You'll find no plastic parts masquerading as wood or metal.

Prestigious designs and quality materials and construction aren't cheap, however. For example, a Breuer chair with caned seat and wooden arms lists for $294. The price lowers when chairs are ordered in quantity. An original Eames chair and ottoman would be about $2,400. However, discounts frequently are available if you work with an architect or interior designer, and floor samples sometimes are discounted. Commercial outlets also may have good-quality imitations of the designer styles for lower prices.

One advantage of shopping in commercial outlets is the variety in sizes. In some cases, you can find larger sizes than those found in department stores. Commercial-design tables, for example, are available in more sizes than regular residential models.

In addition to viewing representative pieces on the showroom floor, ask to look through the store's catalogs. The catalogs offer a wealth of other merchandise that you can order.

Most commercial stores have designer services as well. Generally, there's an hourly fee, but it's often waived if you buy furniture from the store.

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And no other wagon gives you so much usable space —for people and/or cargo. You can seat up to 12 in roomy comfort (15 in Ford's Super Wagon).

Ford Clubs are built tough, with strong body-on-frame construction. The bigger models are rated to tow as much as 10,000 lb.* 2,500 more than Dodge, 3,000 more than Chevy.

*Optional, not available in Calif. or with manual transmission.
†Optional; 4.9L I-6 standard.

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BUILT FORD TOUGH

Ford

Country-Fresh Decorating

Perhaps better than any other type of decorating scheme, country-style decors immediately make you feel at home—even if you've never been in the room before. Here's a perfect example of a homey, country-style setting. The furniture is unpretentious and styled for comfort. The room is arranged for casual dining and relaxing. And handcrafted accent pieces—which are used and not just displayed—add personality and down-home charm.





Furnishings are casual and comfortable

Like most country furnishings, the pieces in this room *(right and below)* are down-to-earth and scaled to provide comfort. The two sofas, for instance, have an easygoing, overstuffed style that invites you to sit back and relax. Seating in the dining area is casual too. The painted wood chairs have country-style tie-on cushions and woven insets of wheat-colored rush. Wood pieces in the room, like the round-back chairs and the secretary in the living area, have a rich time-rendered patina that entices you to touch them. (You can give new pieces a similar mellow look with a hand-rubbed oil finish.)

Different furniture styles are mixed

Countrified schemes are easy to create because there are few hard-and-fast decorating rules. Here, for example, furniture of different styles and time periods are used together to create the unique, eye-catching setting. A miscellany of old wooden tables rubs elbows in the living area, while a contemporary area rug anchors the ruffled, country-style sofas. Another mix occurs in the dining area where a fine period chest-on-chest serves right alongside humble rush chairs.

Found objects become accessories

Collectibles, like baskets and primitive folk art, add color and texture to the country-style setting. A large collection of delftware, which inspired the room's blue-and-white color scheme, decorates the walls.

Photographs: Maris/Semel. Design: Richard FitzGerald, Designer Showcase, Andover, Mass. Field editor: Guralnick



The Bushnell family on their 12th visit to Bermuda.

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No-Bake Pâtés

Let a sophisticated appetizer—pâté—grace your next party buffet. Pâté (pa-TAY) is the French description for a blend of ground meat, traditionally liver and seasonings, that's served cold. Most pâtés are baked, but we eliminated the extra work for making this classic hors d'oeuvre. Impress party guests with our two no-bake versions.

CARROT PÂTÉ

- **3 carrots, shredded (1⅓ cups)**
- **1 pound braunschweiger**
- **¼ cup dairy sour cream**
- **2 tablespoons snipped parsley**
- **2 tablespoons sesame paste**
- **⅛ teaspoon garlic powder**
- **⅛ teaspoon bottled hot pepper sauce**
- **Assorted crackers and breads**

Place carrots in steamer basket; place over boiling water. Steam carrots 4 minutes or till tender. Combine braunschweiger, sour cream, parsley, sesame paste, garlic powder, pepper sauce, and carrots; mix well. Line a 3½-cup decorative mold with clear plastic wrap; spoon mixture into mold. Cover; chill. To serve, unmold pâté onto plate; discard plastic wrap. Garnish with additional shredded carrot and parsley sprigs, if desired. Serve with crackers and bread. Makes 3 cups.

CHICKEN-PEANUT PÂTÉ

- **½ pound chicken livers**
- **3 tablespoons chopped green onion**
- **3 tablespoons butter *or* margarine**
- **2 tablespoons apple juice *or* cider**
- **3 tablespoons peanut butter**
- **¼ teaspoon ground allspice**
- **3 tablespoons chopped peanuts**
- **Assorted crackers and breads**

In a skillet cook livers and onion in butter or margarine over medium heat 5 minutes or till livers are slightly pink in the center. In blender container or food processor bowl combine liver mixture and apple juice. Cover; blend till smooth. Stir together pureed liver mixture, peanut butter, allspice, and dash *pepper;* mix till smooth. Line a 1½-cup decorative mold with clear plastic wrap; pack mixture into mold. Cover; chill. To serve, unmold pâté onto plate; discard plastic wrap. Press peanuts into top of pâté. Serve with breads and crackers. Makes about 1⅓ cups.



Photograph: Mike Dieter



IN TIMES LIKE THESE, FURNITURE MUST RISE TO THE OCCASION.

The problem: how to cope with housing that offers smaller and smaller rooms, in response to high building costs and interest rates. One solution: design furniture to make better use of floor space. Here, in an area normally occupied by a bed and two night stands, you get a bonus of two armoires, a storage headboard and a light bridge. A bedroom in itself. From our "Pacific Oak" collection that also includes conventional bedroom pieces and a wide selection of styles for gracious dining. For the name of a "Pacific Oak" dealer, phone toll-free 800-447-2882. Or write The Lane Co., Inc., Dept. C-64R, Altavista, VA 24517-0151. Enclose $3.50 for a Lane furniture catalog.

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An Under-Cover Entry

A garage just a few steps from the house may seem conveniently close when the sun is shining, but even those few steps are too many in a driving rainstorm or a howling wind. And where winters are severe, a narrow space between buildings tends to fill up with snow. If the space between your house and garage needs cover, try this easy-to-build solution: a partially roofed breezeway that's enclosed on one side.

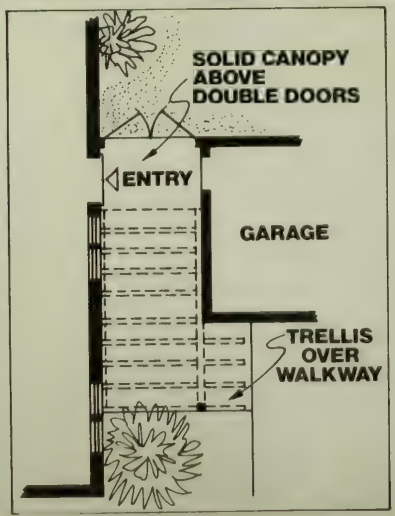
The only link between the garage and the entry in this Minnesota home was a concrete walkway, open to the





weather year-round. To ward off rain and snow, the owners added a solid canopy between the entry and the service door of the garage, then covered the rest of the walkway with an open trellis *(right)*. The trellis helps blend the canopy with the house and garage and provides support for the owner's collection of hanging plants.

A pair of latticed doors at the far end of the walkway *(above)* offers extra protection in cold weather. Clear plastic inserts that fit inside the latticed openings in the doors turn away blustery winds and drifting snow. The inserts, which are held in place by a series of snap clamps mounted on the frame, can be removed easily during the summer to admit cool breezes. Redwood



2x8s and 2x10s frame the doors and 1x2 redwood strips form the latticework. Custom-designed redwood pulls on the door frames add a handcrafted touch.

The trellis and canopy are supported by 4x4s mounted directly beneath the eaves on the walls of the garage and the house, and by a 4x4 post next to the driveway. Horizontal framing consists mainly of 2x6s notched several inches at each end to fit between the 4x4s. Along the drive, the 2x6s cantilever two feet to form a decorative sawtooth pattern against the sky. Redwood decking covers the old entry walk. Underpinnings for the decking rest directly on the concrete walk.

Photographs: Hopkins Associates. Design: Decks by Notch
Field editor: Pat Carpenter. Illustration: Blaser Kimball



Why do so many professional chefs choose only Vollrath Stainless Steel?

They know Vollrath products are built tough to last day in and day out! Each piece is quality crafted from durable stainless steel that won't crack, chip, pit, or rust. Stainless steel offers excellent heat response with no flavor carryover. And it resists staining so cleanups are a snap.

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*Rebate applies to Wall Oven models W105, W121, W141, W181 and Cooktop models C101, C201, C221 and C301 only.

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Home Computer Work Centers



Home computers may be here to stay, but many of us don't know where to put them. These two specially designed desks provide some good-looking solutions. Both have built-in flexibility to accommodate a wide variety of home computer setups.

The *Compu-Table (above)* by *Gusdorf Corporation* has modular components that can be rearranged to suit different needs. The heart of the flexible system is a large desk that boasts a generously proportioned work surface and a lower storage shelf.

Here, a tiered deck is added atop the desk, and a second worktop is attached with a matching triangular inset. Specially designed features like the cutout panels for easy feeding of printer paper, a storage drawer that works on either the left or right side of the desk, and rounded front edges on the work surfaces make the system particularly "user friendly."

The oak-and-laminate veneered ensemble shown here costs about $380. For more information, write: *Gusdorf Corp., Attn: Advertising Dept., 6900 Manchester Ave., St. Louis, MO 63143.*

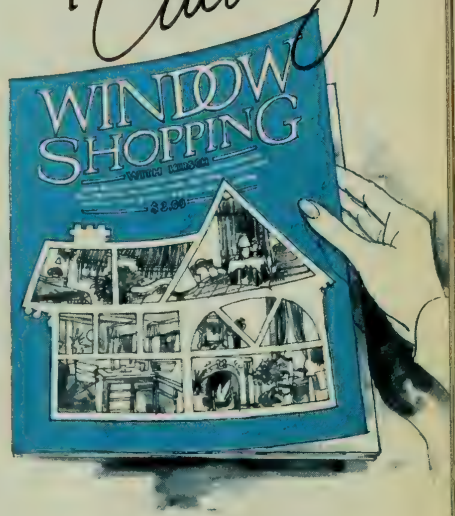


If space is sparse, use this work station from *Rakks (above)* to stack your computer components. The top two shelves tilt, so you can adjust your computer keyboard and monitor. The top three shelves also slide up and down on the aluminum uprights, and detachable casters make the work station portable. Priced around $450, it's available from *Rangine Corporation, P.O. 146, West Medford, MS 02156.*

Photos: George Ceolla. Computer by Coleco Industries, Inc.

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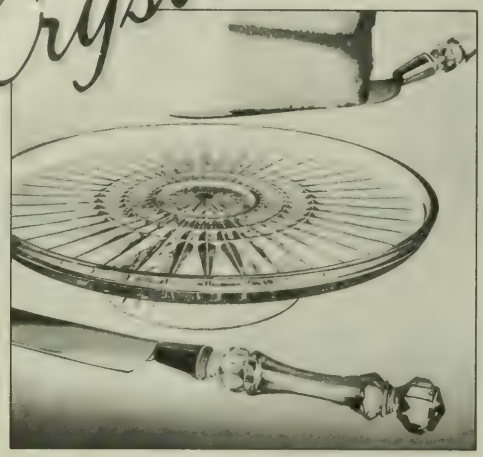
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That depends entirely on you and your lifestyle. Some people really don't need any. But most people ought to have at least water goblets, wine goblets and some serving pieces.

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So, how much do you need?
As much as you want.

Ah, Crystal



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Fostoria

EQUIPMENT

What's New In Microwave Ovens

Manufacturers of microwave ovens have come a long way in solving the problems that plagued earlier models. Today's versions cook food more evenly, allow more precise control of cooking power, and even sense how thoroughly the food is cooking. Many models also feature a wide array of options and accessories. The microwave that's right for you will depend on your family's needs, wants, and budget.

Basic buymanship

Microwave ovens can be built in, but countertop installations are by far the most popular among consumers. A typical countertop model measures 15 inches high by 25 inches wide by 19 inches deep, weighs 60 to 75 pounds, and must be wired to its own 20-amp circuit. The majority have doors that swing out to the left, but units with open-down doors also are available.

Prices for countertop microwaves vary from less than $300 to about $900. Higher-priced models feature special work-saving options, but less expensive models cook the food just as well as their higher-priced counterparts.

Controls on contemporary ovens are either mechanical or electronic (a few models offer both). Mechanical controls (dials or push buttons) are less costly but electronic controls (touch pads) are more precise, have fewer moving parts, and permit a wider array of options.

Most countertop microwaves contain 1 to 1½ cubic feet of oven space, but height and floor dimensions may vary. Choose a unit that's wide enough for a large casserole or roasting dish and tall enough for a large roast or bird, with room left over for stirring and turning.

Cooking speed varies according to wattage. Most countertop units have a maximum of between 600 and 700 watts. To cook the widest range of foods, consider ovens with at least three power levels and a 600-watt capacity.

Special options

Besides the basics, many ovens are outfitted with one or more special features, some of which are particularly useful.

- *Temperature probe.* This handy device shuts off the unit or switches it to "warm" when the food reaches a preset temperature.
- *Programming capacity.* A microchip memory shifts power levels automatically according to a preselected sequence—for example, a defrost/cook/warm sequence.
- *Turntable.* This device revolves the food slowly to ensure even cooking.
- *Browning elements.* These small electric coils at the top of the oven produce surface browning and crispness.

Other options include delayed-start and sensor controls. Sensors respond to steam and food vapors and then automatically determine the time and power needed to complete the cooking.

Larger and smaller packages

For maximum oven capacity, you may want to consider a combination microwave and conventional or convection oven. (Convection units cook at lower temperatures, blowing heated air across the food.) Combination models, which take up the same amount of space and require the same gas or electric hookups as standard ranges, offer the convenience of using each method separately or two in tandem. When working together, microwaves hasten cooking, and heat from the conventional or convection oven browns the food. Prices range from $1,000 to $1,500.

At the opposite end of the scale is the mini microwave. Smaller, lighter, and less expensive (under $200) than other countertop units, minis can cook the same foods as larger models and are especially handy for cooking vegetables and warming leftovers. Although their size limits the portions of food that can be cooked and their lower power output (usually 400 to 500 watts) makes preparation time somewhat longer, minis come equipped with many of the same special features mentioned earlier. Also, since minis draw less power, they can share a circuit with another low-powered appliance.



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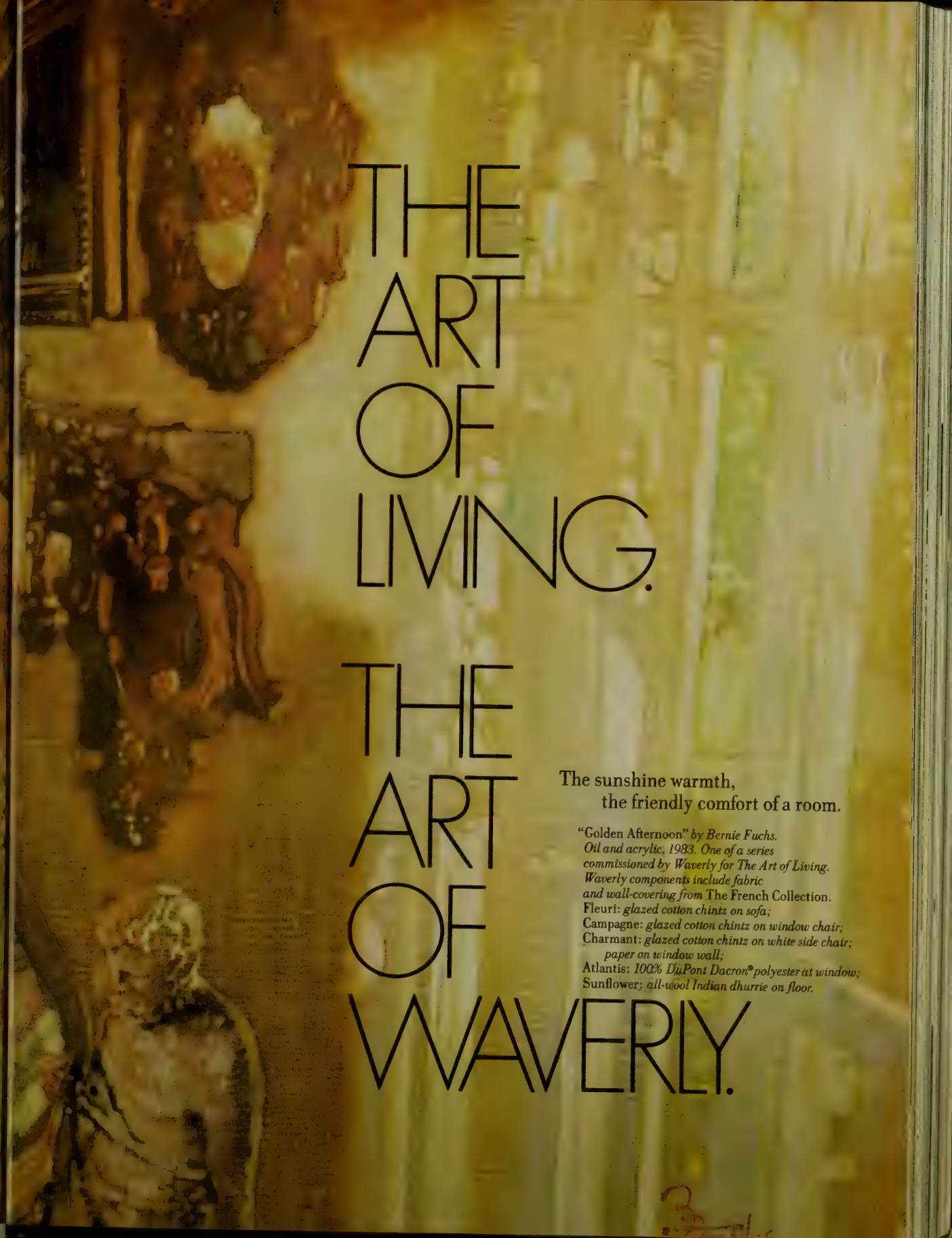
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"Golden Afternoon" *by Bernie Fuchs. Oil and acrylic, 1983. One of a series commissioned by Waverly for The Art of Living. Waverly components include fabric and wall-covering from* The French Collection.
Fleuri: *glazed cotton chintz on sofa;*
Campagne: *glazed cotton chintz on window chair;*
Charmant: *glazed cotton chintz on white side chair; paper on window wall;*
Atlantis: *100% DuPont Dacron® polyester at window;*
Sunflower; *all-wool Indian dhurrie on floor.*

Minimizing Taxes on Home Improvement Projects

A well-conceived and well-executed home improvement project that increases the market value of your home probably will increase your property taxes, as well. Is there a way out? Not completely, but there may be ways to minimize the tax increase or postpone it a few years.

Delay tactics

To calculate the value of your improvement—and, consequently, the reassessed value of your home—tax assessors generally rely on information supplied by building permits. In a given area, however, certain kinds of projects don't require building permits and, as a result, won't automatically hike your tax payments. (Permit regulations vary widely from area to area; check with your local government's building department to determine *exactly* which kinds of remodeling work are exempt.) For example, some states or counties do not require a permit for remodeling projects in unincorporated areas, and some cities and towns do not require permits for bump-outs or porches or for projects in which you add less than five feet in any one direction. Similarly, a significant number of codes require permits only if the cost of remodeling goes over a certain level. If you plan the work in stages, making small changes over a series of years, you may be able to avoid taking out permits altogether. *Note:* Even if you do substantial parts of the work yourself, thereby reducing labor costs, it's unlikely that your new tax bill will be proportionately lower, because most assessors assign a certain value to *your* efforts and add it to the other costs that you list on your permit application.

Other strategies

Even if your project requires a permit, it may merit a lower assessed value if you make certain design changes.

- Discuss your project with a local assessor *before* you make final plans and start work. He may be able to suggest changes that will minimize increases in your tax bill.
- Select materials carefully; don't insist on top-of-the-line products when nearly equal—and less expensive—alternatives are available.
- Consider devoting some of the added or remodeled space to a home office. If it's used solely and exclusively for business purposes, you may be able to claim a hefty income tax deduction.



Turn routine to Florentine

Suddenly, an ordinary meal becomes something special when you add deliciously different new UNCLE BEN'S® Rice Florentine. A tantalizing blend of garden herbs, savory seasonings and the finest long grain rice. And it's so simple to prepare. So tonight, turn routine to Florentine with Rice Florentine from UNCLE BEN'S.

When only the best will do, say Uncle... Uncle Ben's.



THE SKIN PACIFIER

Jergens® Aloe & Lanolin Lotion or Cream to soothe your skin after you sun.

Drench yourself in this unique skin conditioning lotion or concentrated cream. With aloe from the legendary aloe vera plant and nature's lanolin, it helps replenish the moisture your skin loses. Soothes dry shoulders. Softens parched legs. Your body feels softer, smoother. Helps prevent flaking and peeling, so your tan stays luscious longer.

25¢ OFF

JERGENS ALOE & LANOLIN LOTION OR CREAM

To the Dealer: If acting as our agent, you allow a retail customer the face value of this coupon toward the purchase price of the products specified hereon, The Andrew Jergens Company will redeem this coupon for the face amount plus 8¢ handling. Any other use constitutes fraud. Proof of purchase of stock to cover coupons presented for redemption must be furnished on request. Void where licensed, taxed or prohibited by law. Consumer must pay sales tax. Coupons cannot be assigned or transferred. Cash value 1/20 of 1¢. Mail coupons to: JERGENS, P.O. BOX 1200, Clinton, Iowa 52734. This offer expires December 31, 1985. Limit **one coupon per purchase.**

STORE COUPON

Jergens. Aloe & Lanolin Skin conditioning lotion made with the extract of the Aloe plant and rich Lanolin

Jergens. Aloe & Lanolin Skin Conditioning

A



EQUIPMENT

Update On Home Intercoms

Unlike their space-age counterparts, the original home intercom systems resembled junior-commando walkie-talkies. Today's systems do much more than transmit voices from room to room. They also ring the doorbell, listen in on the baby, lull you to sleep, wake you in the morning, and play your favorite albums or tapes—in stereo. Before you build or remodel, take a close look at the electronic wizardry in home communication systems now on the market. Here's a sampling of the many convenient options you'll discover.

Room-to-room communication

Modern intercom equipment makes it more convenient than ever to communicate from one part of the house to another, and allows you to choose more than one type of calling mode. For example, some systems offer hands-free answering from a *remote station* when the call originates from another remote station. (On older systems, a call answered hands free had to originate from the *master station.*) Another option allows you to monitor activities elsewhere in the house. With this option you can keep tabs on a convalescent in the sickroom, roughhousing in the playroom, or a load of laundry in the basement. Or you can use it as a security device to detect break-ins in unoccupied parts of the house. A third option converts your intercom into a doorbell, allowing you to hear the bell clearly from any station—including the patio, pool, or workshop. Doorbell hookups feature multiple chime combinations designed to serve one, two, or three different entrances.

Built-in entertainment

Early systems piped music or other recorded programs to various rooms, but the methods—and results—were somewhat primitive. Usually, the program source was simply "parked" next to a live microphone in the master station. And speaker quality in the remote stations was poor.

Today's options offer high-quality sound reproduction and include cassette tape decks and FM stereo tuners as well as phonograph turntables and AM radios. Most of the accessories are available as either plug-in modules or foldaway units that mount flush with the wall, and come equipped with special convenience features like digital tuning and indexing (for tapes), and individual tone and volume controls. Special microelectric circuitry built into the basic system or the accessories themselves provides such convenient extras as selective piping, programmable on-off controls, music-muting only at the calling and receiving stations, and music-on-hold (for telephone/intercom hookups).

Combination telephone/intercom

Many of the new systems are designed to interface with telephone lines, adding a new dimension of convenience and flexibility to home communication, and expanding the range of special options. There are two basic types of interfaces: intercoms that double as telephone extensions, and telephones that double as intercom stations. The first type features built-in speakers and microphones like a conventional intercom system, and the second features handsets plus plug-in consoles like a conventional telephone system. Each type offers distinct advantages. For instance, most of the hardware for built-in systems is installed permanently and mounted flush with the wall, whereas most of the hardware for plug-in systems is portable and sits on a table or desktop. Built-in systems offer a wider range of home entertainment options, but plug-in systems can be installed in seconds (if you already have several phone extensions), and updated more easily.

Both types offer such advantages as paging, music-on-hold, conference calling (connecting two or more stations to an outside call), call transferring (switching an outside call to another station), and selective calling (making outside calls from selected stations).

Isn't it time you took a different look at your allergy?

Dimetane Extentabs® Long-Acting Allergy Tablets contain a different antihistamine... one that doctors have prescribed...one that is found in no other non-prescription allergy medication. Dimetane Extentabs® work in an exclusive way that releases some of its special antihistamine fast and then releases medication gradually, giving you an effective level of continuous relief all day or all night. Use as directed.



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8-12 Hour Hay Fever Relief

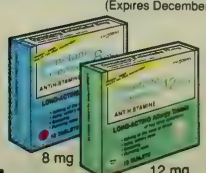
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Consumer Products Division
Richmond, Virginia 23230

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STORE COUPON
(Expires December 31, 1984)

SAVE **35¢** on next purchase of



Dimetane Extentabs®
(Brompheniramine Maleate, USP)
Long-Acting Allergy Tablets

35¢

TO THE RETAILER: Please send this coupon to A.H. ROBINS, P.O. BOX 1878, CLINTON, IOWA 52734 for payment of 35 cents plus 8 cents handling when received on the sale of Dimetane Extentabs® Long-Acting Allergy Tablets. Invoices proving sufficient stock to cover coupons presented must be shown on request. Coupons may not be assigned, transferred or reproduced. Any other use constitutes fraud. Facsimiles are not accepted. Customers must pay any sales tax. Void when presented by outside agencies, brokers or where prohibited, taxed or restricted by law. Good only in U.S.A., its territories and possessions. Cash value 1/20 cent. One coupon per purchase.

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Better Homes and Gardens®

1984 HOME IMPROVEMENT CONTEST



WIN UP TO $10,000

Over 275 Prizes: Cash, Products and Purchase Refunds

Planning to remodel? Then plan to enter your completed project in Better Homes and Gardens® 1984 Home Improvement Contest! You may win one of 99 Better Homes and Gardens® cash prizes, including a top prize of $10,000. Other cash awards range from $100 to $4,000. Or, win cash, products and product purchase refunds from cosponsoring manufacturers. Your entry may even be published in a future issue of *Better Homes and Gardens* magazine.

No project is too big or too small for this contest. There are eight contest divisions with three classes in each division. The 24 judging classifications ensure that your entry will compete only against entries of comparable scope. Entries will be judged on appearance, function and cost-effective use of materials. We welcome both do-it-yourself projects and those designed and/or completed by professionals.

DIVISIONS

Each of the eight divisions will be subdivided by judges into three classes depending on the scope of projects. Class A will be devoted to major renovations. Class B will comprise medium-sized remodelings, and Class C will be reserved for smaller projects. Your entry will be judged only against projects of comparable scope.

1. **Exterior of House:** Any improvements to exterior surfaces of the house itself.
2. **Outbuildings and Property:** Lot-line-to-lot-line structural property improvements excluding the house itself.
3. **Kitchen:** Any kitchen remodeling project designed to improve appearance, traffic flow, storage and/or efficiency.
4. **Bathroom:** Any remodeling project that encompasses the bath.
5. **Interior:** All improvements within the confines of an existing house excluding the kitchen and bathroom.
6. **Addition:** Enlarging a house by adding a new, enclosed space.
7. **Energy Conservation:** Those improvement projects primarily designed to conserve energy or reduce the heating/cooling load on a house. We would like to see available data such as copies of utility bills to better judge the energy efficiency of the home improvement project.
8. **Whole House Redo:** Major remodeling projects that encompass several rooms. Whole house redo could include an addition or exterior improvement as well as interior remodeling projects.

CASH PRIZES

Better Homes and Gardens is offering 99 cash prizes with a grand prize of $10,000.

BEST OF CONTEST

Three Best of Contest winners will be selected from the eight Class A winners:

- ONE GRAND PRIZE OF $10,000
- TWO RUNNER-UP PRIZES OF $4,000

DIVISION AWARDS

In each of the eight divisions, Better Homes and Gardens will award the following:

CLASS A
- ONE $1,000 TOP AWARD
- THREE $100 MERIT AWARDS

CLASS B
- ONE $500 TOP AWARD
- THREE $100 MERIT AWARDS

CLASS C
- ONE $250 TOP AWARD
- THREE $100 MERIT AWARDS

DEADLINES

Contest entries must be completed in 1984. There are no limitations on starting date.

Preliminary entry blank (opposite page) must be postmarked no later than October 1, 1984.

Final entry materials must be postmarked no later than February 1, 1985. Sorry, we cannot accept entry materials after the deadline date.

HOW TO ENTER

Complete and mail the preliminary entry blank on the facing page. We'll send you a Home Improvement Contest entry packet that includes complete contest information, detailed descriptions of the contest divisions, a final entry form and literature describing cosponsoring manufacturers' products.

When you've completed your project, send us the final entry form plus a description of your improvement. You should begin collecting the following to send with your final entry form: before-and-after photos, floor plans and/or sketches, a list of products purchased with brand names and approximate costs, copies of purchase receipts, and a list of project expenses.

All material submitted for the competition will become the property of Meredith Corporation, which will assume publishing rights for all the material. Entries will not be returned. Winners will be notified by mail.



SPECIAL AWARDS

Many cosponsoring manufacturers are offering prizes in addition to the $500 cash award.

AT&T Consumer Products Division will award $500 to the bathroom division winner using a design line phone, to the kitchen division winner using a design line or speaker phone and to the interior division winner installing an Emergency Calling System Smoke/Fire Detector.

Armstrong will award cash to the three Best of Contest winners and all winners of kitchen, bathroom, interior, addition and whole house redo divisions if they've used Armstrong resilient flooring, ceilings, carpets or Thomasville Furniture. $10,000 winner earns $5,000 for each Armstrong product category used; $20,000 if all four are used. $4,000 winners earn $2,000 per category; $8,000 for all four. $1,000 winners earn $500 per category; $2,000 for four. $500 winners earn $250 per category; $1,000 for four. $250 winners earn $125 per category; $500 for four. $100 winners earn $50 per category; $200 for four.

Black & Decker-Consumer Power Tools Division offers a ½" electronic speed control drill to all 24 division winners.

Campbell-Hausfeld offers a Power Pal portable air compressor to the $1,000 winner of the whole house redo division.

Champion International Corporation will provide a $500 award for the most creative use of Champion Paneling or Siding.

Delta Faucet will reimburse the list price of Delta products used by any division winner.

Eljer Plumbingware will refund purchase price of Eljer fixtures and fittings (installation not included) used by a bathroom division winner. Purchase price of Eljer sink and fittings used by kitchen division winner will also be refunded.

General Electric offers one GE major appliance of choice to kitchen and whole house redo division winners if they've used a GE major appliance. Winners may choose Food Saver Refrigerator, freezer, range, cooktop, wall oven, microwave oven, Potscrubber® Dishwasher, Compactall® Trash Compactor, Disposall® Food Waste Disposer, automatic washer or electric or gas dryer.

Jenn-Air Corporation will refund purchase price of Jenn-Air products used by one kitchen division winner.

Kirsch Company will award $500 worth of Kirsch merchandise to three division winners: addition, interior, energy. To qualify, winners must use a Kirsch window treatment.

KitchenAid will refund the purchase price of a KitchenAid dishwasher used by one kitchen division winner.

Kohler Company will award $1,000 to a bathroom division winner using all Kohler plumbing products. If that winner also installed a Kohler Whirlpool bath, Kohler will award $2,000. Kohler will refund the purchase price (installation not included) of Kohler plumbing products used in a winning kitchen division entry.

Marvin Windows will award an additional $500 to the winner of its cosponsoring manufacturer's award.

Maytag Company offers one Maytag product of choice to the Grand Prize winner. Winner may choose Jetclean Dishwasher, Heavy Duty Washer or Big Load Dryer.

Olympic Paints & Stains — All division winners who use Olympic products will be refunded the purchase price.

Owens-Corning Fiberglas® will refund the purchase price of Owens-Corning Fiberglas® bathing fixtures used by a bathroom division winner.

Owens-Corning Fiberglas® will refund the purchase price of Pink Fiberglas® insulation used by a winner in the addition, energy and whole house redo divisions.

Owens-Corning Fiberglas® will refund the purchase price of Energy Shield™ Sheathing used by a winner in the addition, energy and whole house redo divisions.

Owens-Corning Fiberglas® will refund the purchase price of ceiling and grid if sound-absorbing Fiberglas® panels are used by an interior division winner.

Owens-Corning Fiberglas® will refund the purchase price of Owens-Corning Fiberglas® shingles used by an exterior division winner.

SERVISTAR® will provide an additional $500 to the winner of its cosponsoring manufacturer's award and refund purchase price of SERVISTAR® Paint used in that project.

The Tappan Company will provide air transportation and hotel accommodations for two people for a seven-night trip to Hawaii to the winner of its $500 cash award. Trip includes three nights in Honolulu, four nights in Maui and $700 cash.

Tru-Test Paint — All divisional winners who use Tru-Test Paint (available only at True Value Hardware Stores and Home Centers) will be refunded the purchase price.

Wagner Spray Tech Corporation offers a Mask-It to all 99 award winners.

Whirlpool offers one Whirlpool product of choice to both kitchen division winner and whole house redo winner who use a Whirlpool product. Winners may choose Trash Masher® Compactor, Microwave Oven or Power Clean™ Energy Saver Dishwasher.

White-Westinghouse will award a microwave oven to the winner of its $500 cash award. If winner used White-Westinghouse microwave, company will refund purchase price.

$500 CASH AWARDS

Cosponsors providing $500 for best use of product:

AT&T Consumer Products Division
Amana Refrigeration, Inc.
Andersen Corporation
Armstrong World Industries, Inc.
W.M. BARR COMPANY
- Klean-Strip Paint Removers
- Gillespie Furniture Refinishing Products

Black & Decker
Campbell-Hausfeld
Champion International Corporation
Congoleum Corporation
The Cooper Group
Delta Faucet
Eljer Plumbingware
Formby's Incorporated
- Formby's Furniture Refinisher & Formby's Paint Remover
- Homer Formby's Wood Stains & Finishes

Formica Corporation
Galaxy Carpet Mills, Inc.
General Electric Major Appliance Division
Georgia-Pacific
Hunter Fans — Division of Robbins & Myers, Inc.
Jacuzzi Whirlpool Bath
Jenn-Air Corporation
Kirsch Company
KitchenAid
Kohler Company
Levolor Lorentzen, Inc., blinds & awnings
Litton Microwave Products
LouverDrape, Inc.
MAGIC CHEF® Full-line Kitchen Appliances
Martin-Senour Paints
Marvin Windows
The Maytag Company
Minwax Company, Inc.
Monsanto Wear-Dated® Carpets
National Retail Hardware Association
Olympic Paints & Stains
Owens-Corning Fiberglas®
- Acoustical Ceiling Panels / Bathing Fixtures Division
- Insulation Division (Pink Fiberglas® Insulation)
- Insulation Division (Energy Shield™ Sheathing)
- Mechanical Division (Air Handling Insulation Products)
- Residential Roofing Division

Phifer Wire Products — SunScreen®
PPG Industries — Glass Division
Printpack, Inc. Flair Trim™ Borders
Screwball, Division of Fiskars
SERVISTAR® Hardware-Lumber-Home Centers
The Tappan Company
True Value (Tru-Test Paints)
Wagner Spray Tech Corporation
Whirlpool Corporation
White-Westinghouse
Wood-Mode Cabinetry

ENTRY BLANK

Postmark no later than October 1, 1984.

Better Homes and Gardens®

HOME IMPROVEMENT CONTEST

Send To:
Better Homes and Gardens®
Home Improvement Contest
P.O. Box 10218
Des Moines, IA 50336

Name _____

Address _____

City _____ *State* _____ *Zip* _____

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1984.

☐ *1. Exterior of House* ☐ *2. Outbuildings and Property*
☐ *3. Kitchen* ☐ *4. Bathroom* ☐ *5. Interior*
☐ *6. Addition* ☐ *7. Energy* ☐ *8. Whole House Redo*

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS ENTRY FORM. SEND ONLY ONE ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

"When I found out the harsh fact about scouring powder, I switched to Soft Scrub."

The fact? Most scouring powders can scratch household surfaces. That's because they contain harsh, scratchy abrasives. But Soft Scrub has milder abrasives. It's a liquid cleanser that cleans as well as a scouring powder, but doesn't scratch like one.

Use only as directed.

Soft Scrub cleanser WITH MILD ABRASIVE

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REMODELING

Stud-Space Pantry Storage

The extra storage space you've been searching for in your kitchen may be hiding behind something as inconspicuous as a curio shelf or a row of trivets. In most kitchens, there's a wealth of storage possibilities pocketed away in the cavities between wall studs. Most of this space is shallower than a conventional wall cabinet, but what it lacks in depth can be made up in area.

The end wall in this galley-style kitchen *(right)* doubles as a five-compartment pantry. Although each compartment measures just five inches deep and projects only 2¼ inches from the wall, together the five contain nearly as much storage capacity as two full-size wall units.

Building the pantry into the wall puts the contents within fingertip reach without stealing a single square inch of head room or counter space from the cooking and cleanup areas.



These stud-space compartments resemble their wall-hung counterparts in all respects except shelf depth. They feature flush-mounted doors and adjustable shelving *(above right)* and the upper units align with the wall-hung cabinets on the sink wall. Also, the height and width of the two compartments on the upper tier are the same as those on the wall cabinets. To complete the coordinated effect, all the door fronts are surfaced with white laminate and fitted with brass wire pulls.



Photographs: Hopkins Associates. Architect: Michael P Collins. Interior design: Michael and Joan Collins Field editor: Pat Carpenter

Three uncommon dressings with one thing in common.

The delicious taste of Hidden Valley Ranch.



Italian Spice
gets its distinctive flavor from a special blend of garlic and romano cheese, for a tangy delicious dressing.

Creamy Herb
is filled with a lively blend of herbs, like dill and oregano. You'll find it a thick, creamy and refreshingly different dressing.

Home Style Onion
is made with cheddar cheese, bits of onion and a unique blend of spices, for a taste like no other dressing.

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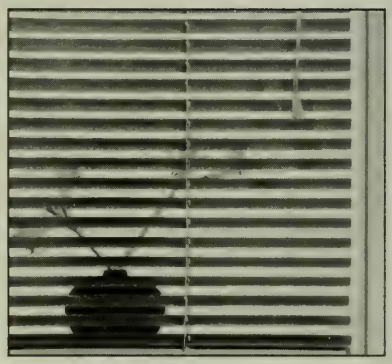
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FURNISHINGS

Ready-Made Mini-Slat Blinds



Mini-slat blinds, once only custom-made, now also are sold in standard, ready-made sizes. Precut window blinds make it easy to install new mini-slats, and they save you money. A ready-made blind that measures 23x42 inches, for example, can cost as little as $30. A similar custom-made one generally costs more than $60.

Although ready-made blinds don't offer the range of sizes that customs can, they do come in about 66 sizes. It's not practical for most stores to stock all of the sizes, but many have 12 to 15 popular choices. Blind widths start at 23 inches and go up to 72 inches in one-inch increments.

The standard length of 64 inches can be shortened by taking out extra slats at the bottom. (Simple instructions are included in the box.) Larger blinds for patio doors also are available in 54-, 60-, 72-, and 80-inch widths and 80- and 84-inch lengths.

The aluminum used for ready-made blinds is of a slightly lighter gauge than that of top-of-the-line customs, yet the blinds are highly durable. Also, fewer slats are used in ready-mades, resulting in less overlapping and a little more light leakage.

Colors are limited for ready-made blinds, but several neutral hues are offered. Most stores carry white, plus vanilla, beige, and sometimes brown.

Photograph: George Ceolla

Basic Wine Terms

Dry, bone dry, and extra dry—these terms are familiar to wine and champagne lovers. Yet they can be confusing when you compare labels on wines and champagnes. The following information will help you know what tastes are described on the bottle labels.

What's what in wines

When a table wine is described as completely dry or "bone" dry, generally all of its grape sugar has been converted into alcohol during fermentation. Most Cabernet Sauvignons and Chardonnays fit this description; white Rieslings tend to contain a little of their natural sugar for the desired flavor. Very few everyday wines, such as California Chablis or Burgundy, are dry.

Although the alcohol content must appear on the label, there's no such requirement for dryness, and no strict definition for "dry." The term commonly refers to a wine with up to 1 percent residual sugar. The minimum detectable sweetness for wines is usually between 0.75 percent and 1.5 percent.

Sugar is not added to a table wine if sunshine endows the grapes with all the sugar they need. In colder parts of the country and with some cold-resistant varieties of grapes, the addition of sugar is necessary to balance the fruit acids and to complete fermentation.

What's what in champagne

In translating champagne labels, "extra dry" is sweeter than dry, not drier. "Extra dry" or "sec" is a typical wedding champagne—it contains about 3 percent sugar.

If the label says "brut," it denotes a very dry champagne with a sugar content of about 1 percent. "Demi-sec" (half dry) is the sweetest champagne marketed with a sugar content of 5 percent or more.

The terms above describe only the level of sweetness for wines and champagnes. None of the terms should be confused with the fruitiness or pungency of the beverages—these are separate characteristics to be considered.



The first 5 ways to enjoy California Ripe Olives...

... Here's 5 more:

1. Sliced California ripe olives and shredded Swiss cheese on a hamburger is a new approach to an old favorite. Pop it under the broiler to melt the cheese.
2. Chopped California ripe olives mixed with sour cream make a delicious dressing for baked potatoes.
3. Canned soups look and taste better with the quick addition of sliced ripe olives from California.
4. In a split croissant layer sliced avocado, shrimp, California ripe olive wedges, crispy spinach leaves and dill-flavored sour cream for an elegant sandwich.
5. Pitted ripe olives on a toothpick are naturally good as dippers in a cheese fondue.



We'd like to send you a **FREE** *copy of "The Itinerant Ripe Olive" containing over 40 more exciting ways to use California ripe olives.*

California Olive Industry

Send Coupon to:

CALIFORNIA OLIVE INDUSTRY
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P.O. Box 4098
Fresno, CA 93744

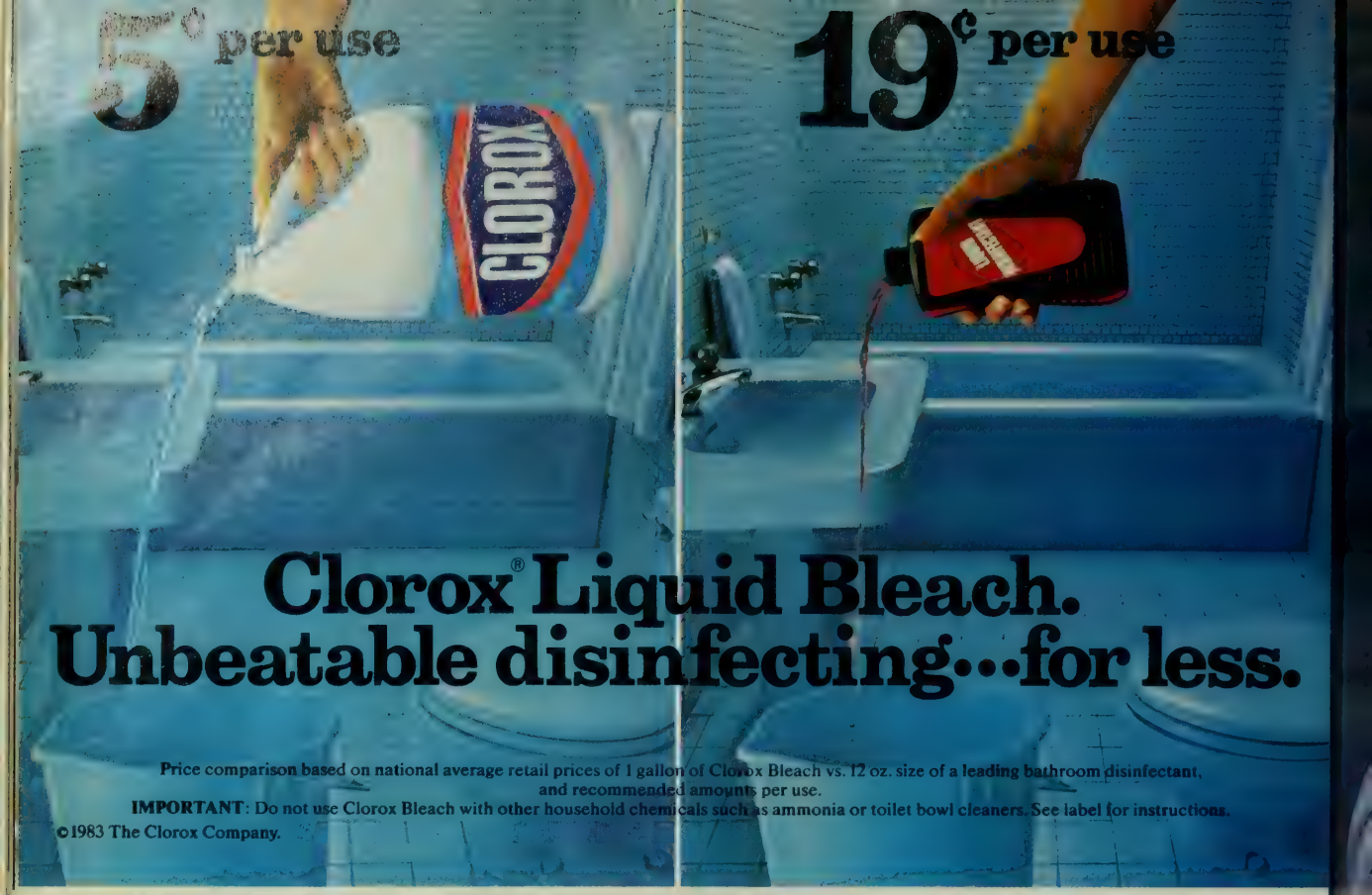
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NAME _____

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GARDENING

Sensational Scented Geraniums

You can bring a bouquet of summer fragrances indoors for the winter months by starting a collection of scented geraniums now. A feast for the eyes as well as the nose, these annuals (perennials in warm-climate areas) are available in an array of captivating fragrances and stunning leaf forms. When placed near a garden edge outdoors or high-traffic areas indoors, scented geraniums need to be only brushed against to release their powerful fragrances.

French perfume makers have popularized scented geraniums by using the distilled oils from the leaves in many perfumes. Before the perfume industry discovered their commercial virtues, scented geraniums were a mainstay in old-fashioned gardens. Their dainty flowers, various-shaped leaves, and fragrances were equally enjoyed. Modern gardeners value these pungent plants for their resistance to insects. Many claim that scented geraniums ward off marauding insects when they are interplanted among vegetables.

With more than 75 varieties to choose from, the most difficult thing about starting your own collection will be selecting which ones to grow. You may find that a combination of scents and leaf forms will give you the most enjoyment. The scents include rose, fruit, spice, and mint. Foliage may resemble oak or maple leaves, a pheasant or crow's foot, a fan, or an open umbrella. Depending on the variety, scented geraniums grow up to 24 inches tall.

The rose geranium *(Pelargonium graveolens)* is a favorite for its long-lasting fragrance. Within this group, try Attar of Roses. Likened to the fragrance of the expensive French perfume ingredient, Attar of Roses has divided leaves and rose-purple blossoms. Or for an abundance of small, orchid blossoms with purple veins, plant Gray Lady Plymouth. This variegated rose-scented geranium produces deeply cut, gray leaves outlined in white.

Popular picks in the fruit-scented category include lemon *(P. crispum* and *P. limoneum)*, apple *(P. odoratissimum)*, apricot *(P. scabrum)*, gooseberry *(P. grossularioides)*, and lime *(P. nervosum)*. For spice-scented foliage, try nutmeg *(P. fragrans)*. Peppermint *(P. tomentosum)* is a favorite among the mint geraniums.

To start scented geraniums for indoor use, take several cuttings from established plants. Cut just below a leaf node. To encourage root growth, use some rooting hormone on the cut end. Plant cuttings in a well-drained potting medium. Water frequently. Keep scented geranium cuttings in a shaded area at first, then gradually introduce them to sunlight. In about two weeks, transplant cuttings to individual pots. In the spring, you can take new cuttings from these plants and move them outdoors as soon as all danger of frost is past. For dried use, clip leaves and place in a well-ventilated, shady area.

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Add 3% federal excise tax. Want to know more? Call our International Information Service, toll free: **1 800 874-4000**

AT&T

A Child-Pleasing Mirror

Here's a ducky idea for the playroom or nursery. This easy-sew mirror will fill a wall with bright colors and happy reflections. Follow our instructions below to make this charming accessory.

Materials: ½ yd. each of yellow fabric and bonded fiberfill; ⅓ yd. orange fabric; ¼ yd. blue fabric; two ½-inch black buttons; thread. For mirror: 18x20-inch piece of heavy poster board; 7-inch round mirror; white glue; picture wire.

Instructions: Enlarge the pattern *(right)* on butcher paper; cut out pieces.

From yellow fabric, cut the duck's body; from orange fabric, cut his feet and bill. With right sides facing, sew duck parts together ¼ inch from raw edges. Slash the back side of each part (be sure to reverse the feet) and turn right side out through the slashes; press all parts.

To pad the duck, cut 2 feet, 1 bill, and 1 body from fiberfill. Trim away ¼ inch along all edges. Slip fiberfill shapes inside corresponding duck parts and whipstitch slashes closed.

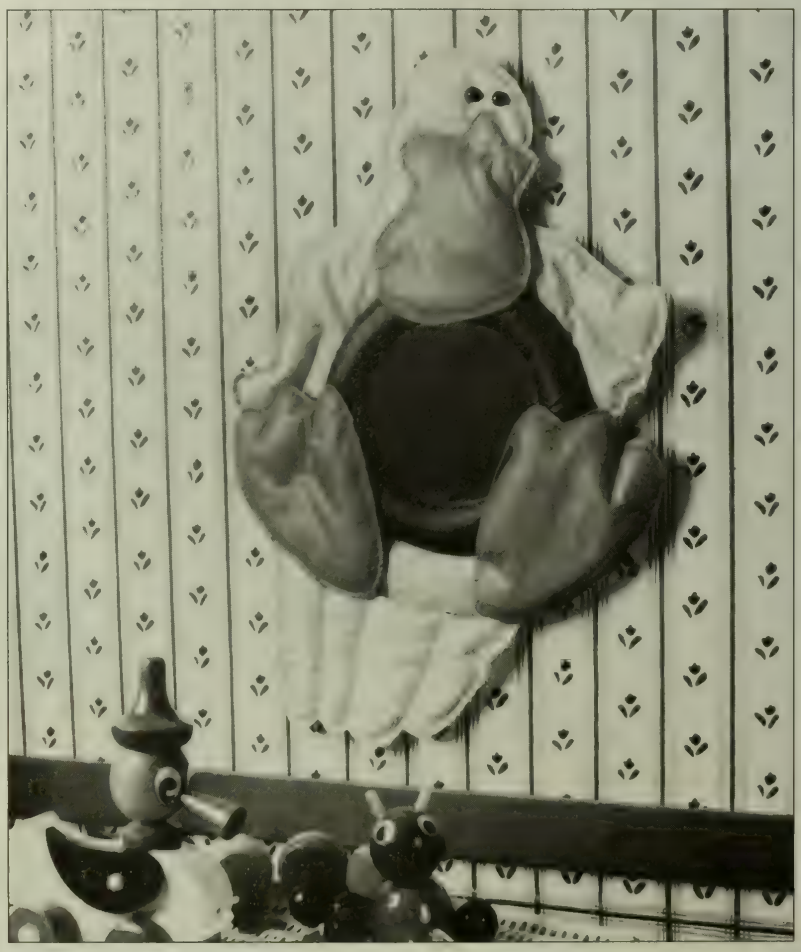
Topstitch along all lines shown on pattern. Sew upper part of duck bill to body between Xs. Sew on eyes.

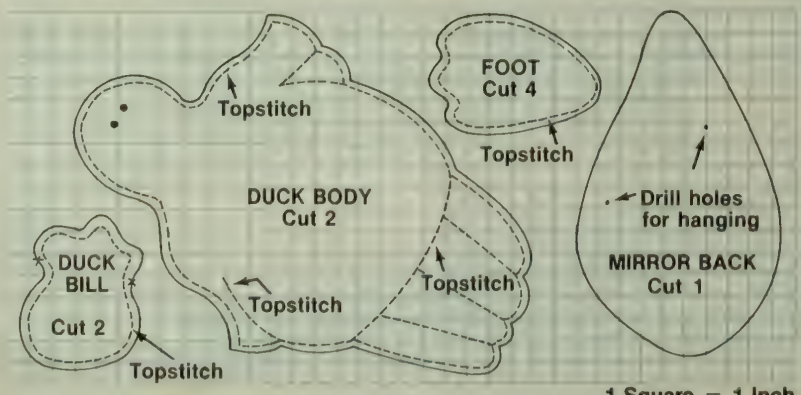
For mirror frame: Cut an 8-inch circle from poster board. Apply glue to back of the mirror and center the circle on the mirror. Weight with a heavy book; let set for 1 hour.

From blue fabric, cut two 10½-inch circles. In centers cut 5-inch holes. With right sides facing, sew around inner circle ¼ inch from raw edges. Clip curves and turn right side out. On each raw edge of each circle, sew 2 rows of gathering stitches. Slip 1½-inch strip of fiberfill between layers.

Center mirror front on fabric circle, run a thin line of glue around mirror frame opening. Allow to dry. Pull gathers snugly around cardboard on the back side. Run a strip of glue on gathers. Set on waxed paper, weight with a book for ½ hour. Remove book and allow to dry for 4 hours.

To assemble, cut mirror back (see pattern) from poster board. Punch holes for hanging and thread wire through holes. Apply glue liberally to wrong side and place on back of duck. Weight and let set for 1 hour. Apply glue to back of round mirror and slide mirror under bill onto duck's stomach. Glue underside of bill and press onto mirror. Glue slashed sides of feet and place on duck (see photo for correct placement). Let mirror dry overnight before hanging on wall.





1 Square = 1 Inch

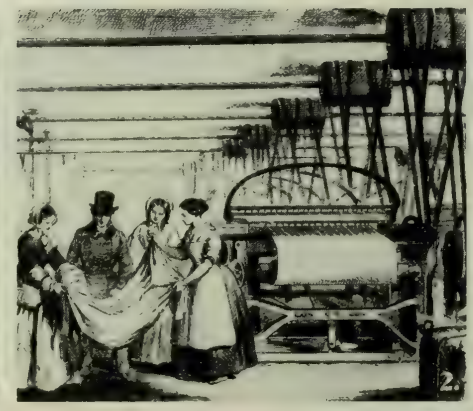
Design: Kay Jaynes. Photo: Mike Dieter
Illustration: Penguin Studios


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Made by Hiram
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HIRAM WALKER FLAVORED BRANDIES
APRICOT · BLACKBERRY · PEACH · CHERRY · RASPBERRY · COFFEE · GINGER

The Lady Pepp

It's the longest bedti


1.

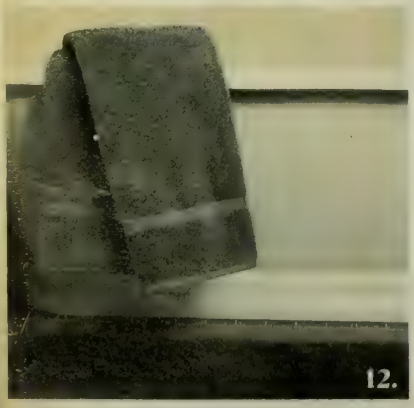

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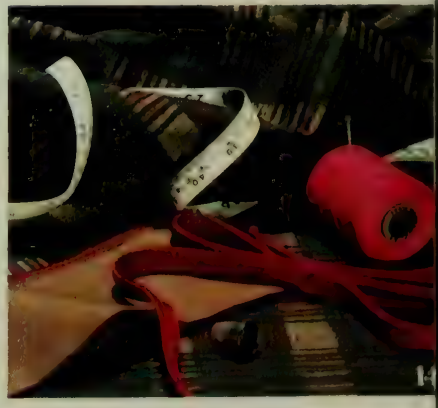

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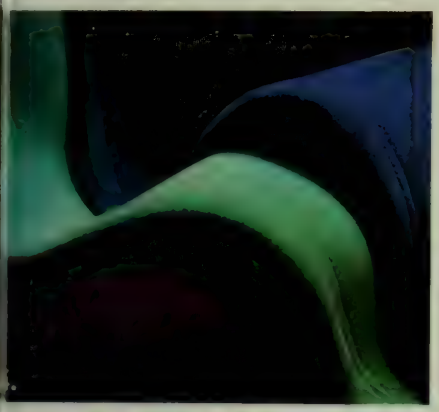
13.



1. Lady Mary Pepperell, herself. **2.** Our looms started weaving in 1844; they haven't stopped since. **3.** Lady Pepperell's bedchamber: the four-poster is Sheraton, circa 1820; the sheets and comforter, our *Trellis Bouquet*, circa 1984. **4.** Our Vellux® blanket, introduced in 1967, light as a feather, warm as a featherbed. **5.** By the 1920's our message was getting through to all 48 states. **6.** A well-made bed never goes out of style. *Stanford* is our latest classic. **7.** Lady Pepperell introduced patterned sheets in 1951. *Sands* is new this year. **8.** Our first mill, on the banks of the Saco River, just a short gallop from the Pepperell Mansion. **9.** We've loomed solid, patterned and jacquard towels since 1916. Here, some of our latest. **10.** The Pepperell Mansion in Kittery Point, Maine, where Lord Pepperell **(11)**

pperell Story

ime story ever told.

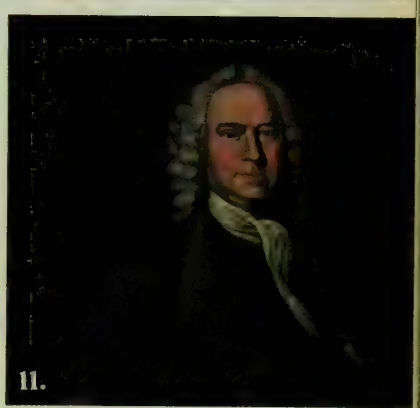






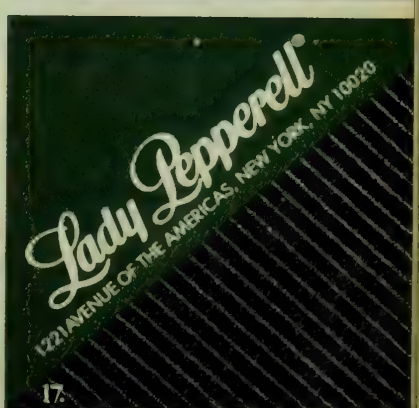












vas born; where he brought his bride, Mary, in 1723. **12.** We know how to make things soft for you; against your skin and underfoot. **13.** The Pepperell dragon, our "family crest," originated in 1851; here, a 1933 update. **14.** *Davenport,* with its silky braid trim, is the result of our century-long obsession with detail. **15.** We turned out acres of tent cloth during the Civil War, miles of parachute cloth during World War II, and millions of Army sheets and pillowcases since 1844. **16.** Flowered and ruffled *Cynthia.* A new recollection of our Victorian past. **17.** Our package has changed over the years, but our story hasn't: beautiful sheets, blankets and towels, beautifully made.

ady Pepperell® sheet ensembles include products of 50% combed cotton and 50% Dacron® polyester. Solid towels and rugs of 100% cotton. Printed towels of 88% cotton and 12% polyester. Blankets of Vellux® made with DuPont® nylon fibers.

West Point Pepperell

COTTON



When you think about it, this statement makes a lot of sense.

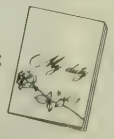
No matter where, when, or under what circumstances death may occur, there are needs that must be met — for the bereaved family; their friends; their close circle in the community.

The funeral helps meet those needs. It helps those who grieve accept the reality of death. They know it happened. But a part of their mind rejects it, runs away from it.

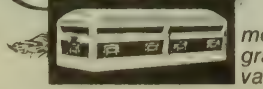
The funeral takes them gently by the shoulders and turns them to face it. And having faced it, having viewed it, things are easier.

It is truly a unique moment of sharing...for the family...for friends...for society.

We will be glad to furnish you a free copy of Clark's informative "My Duty" booklet. It answers in advance many of the questions you are likely to face when you are the one who must take charge. You may receive a copy, without cost, by writing to:



CLARK



metal grave vaults

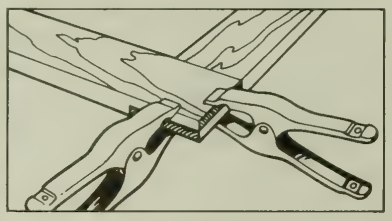
The Clark Grave Vault Company,
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Columbus, Ohio 43201.

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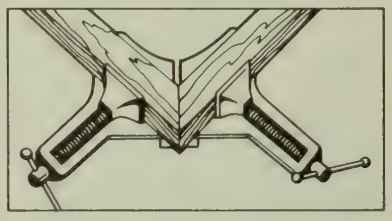
BUILDING

Woodworking Clamps

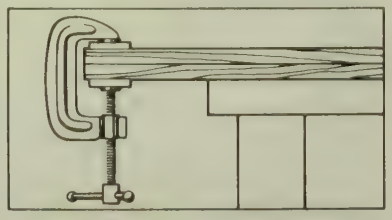
To do a proper job of gluing wooden parts, you need some type of clamp to hold the pieces snugly until the glue sets. When you go shopping for clamps, you'll find a wide range of choices, each made especially for a certain type of gluing project. Here are a few, listed in order of the distances they can span.



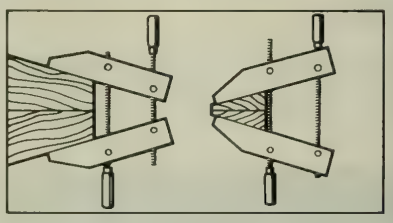
Spring clamps, which work like giant clothespins, are good for holding thin materials like ¼-inch sheet goods. They're available in various sizes, and most have plastic tips that protect the wood surfaces.



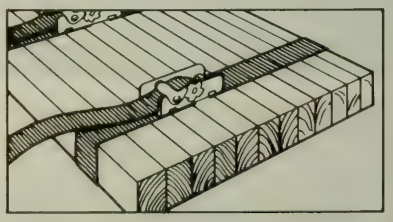
A miter clamp is actually a pair of clamps that form a right angle, allowing you to join two mitered pieces of wood at exactly 90 degrees. This type of clamp is handy for gluing picture frames or mitered joints on cabinets.



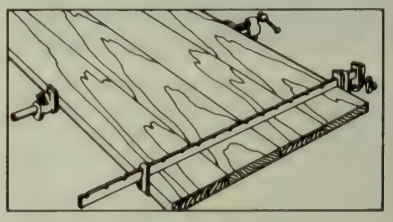
C-clamps work well with sheet goods and lumber. The screw allows you to apply a great deal of pressure—enough to damage the material—so be sure to use scraps of wood between the jaws and the pieces you're gluing.



Hand screws are somewhat more versatile than C-clamps. Since these are made of wood (usually hard maple) and distribute the clamping pressure over a large area, they seldom do any damage. Also, their two-screw design allows you to position the jaws either parallel or at angles to each other.

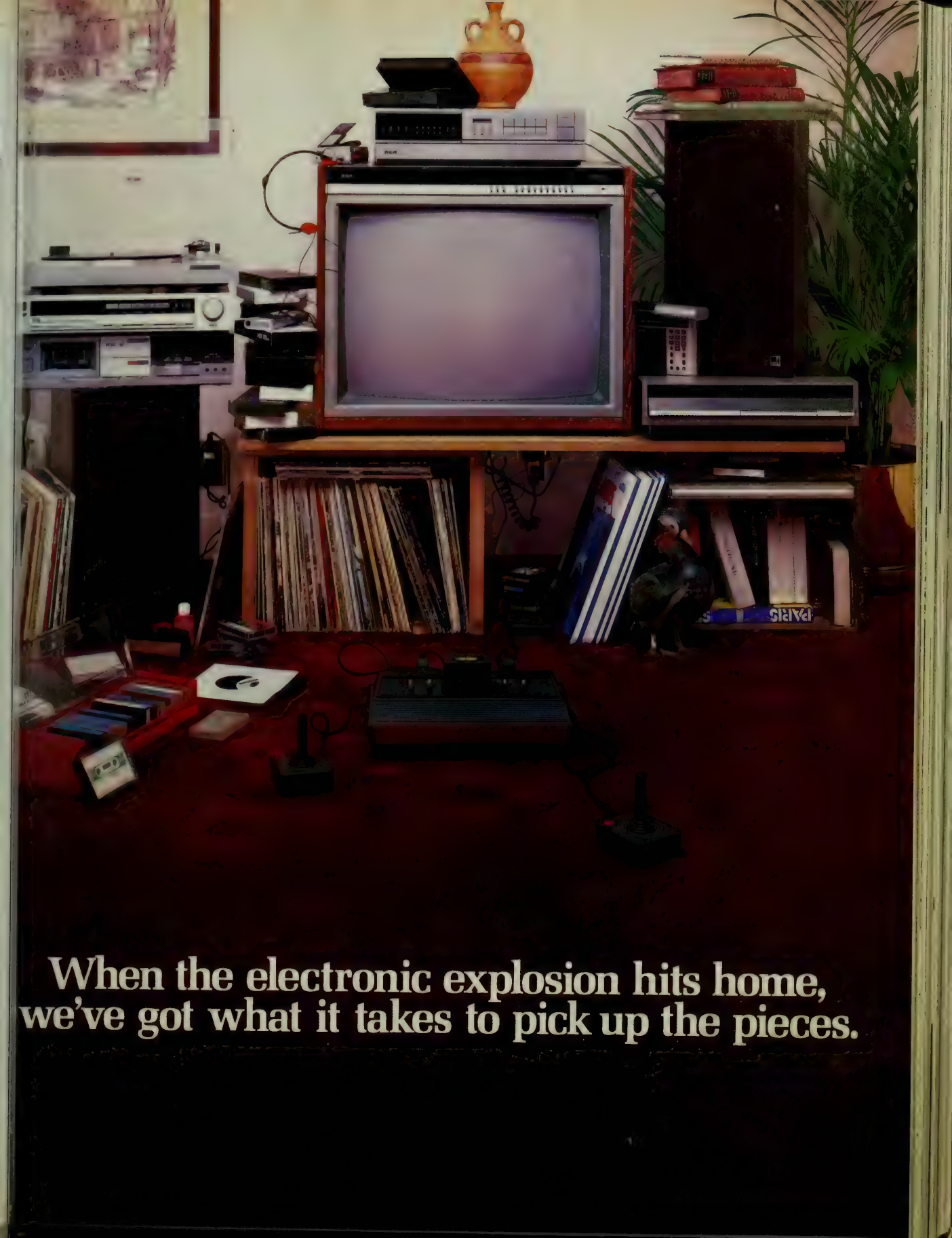


A web clamp has an adjustable fabric strap that you can wrap around such odd-shaped pieces as the seat of a wooden chair. Some of these clamps come with wrenches used to tighten the webbing; others have built-in screws.



Bar clamps and pipe clamps are able to span great distances—the width of a butcher-block tabletop, for example. Bar clamps are available as sets that include the bars and the clamp fittings. Pipe clamp fittings usually are sold without the pipe; you attach them to whatever length of pipe you need. When using either type, alternate the clamps along the top and underside of the project as shown in the drawing to prevent the material from bowing.

Illustrations: Carson Ode



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COMBINATIONS 298



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COMBINATIONS 330



COMBINATIONS 329



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so nice to come home to



New Life For A Has-Been House

By David Haupert

When you buy a house as run-down as the one above *(inset)*, you need an active imagination or at least a good scrapbook of remodeling ideas. That way, you can visualize many alternatives. Do you, for example, prefer a faithful restoration, a wholesale style change, or a compromise of some sort? Only *you* will know what's right for your family.

Here's a delightful example that falls somewhere between the two extremes—a fairly accurate restoration of the exterior and a dazzling, all-out renovation of the living spaces. The result is a combination of turn-of-the-century grace and 1980s vibrance that lets this house stand up to any new one around.

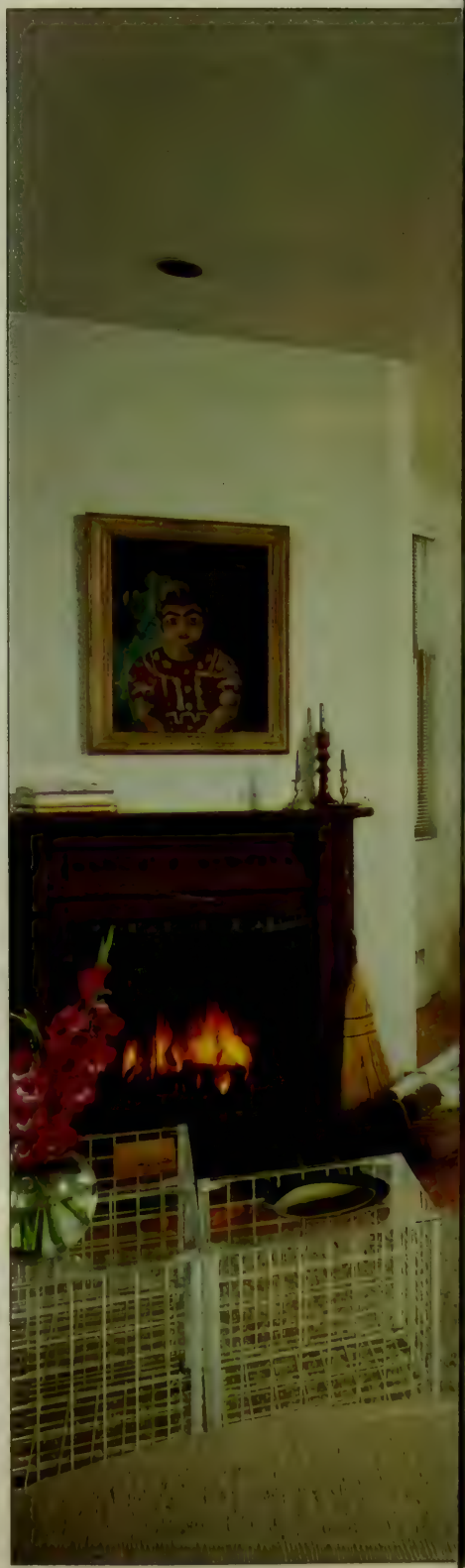
Even before the new owners of this 1885 relic moved it to its present location, they researched its history. They discovered that previous owners had "modernized" it by removing a beautiful old turret, replacing the tall Victorian windows with shorter versions, and covering the exterior with asbestos siding. So, soon after the house arrived at its current site, carpenters built a new turret, changed the windows, replaced the siding, and added such details as an authentic porch railing and the ornate fretwork at the gable peak *(above)*.

Main Level





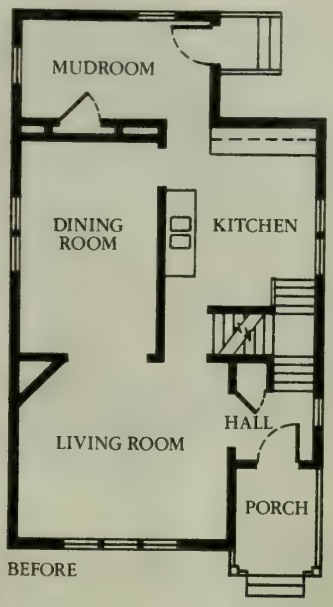
(Above): A 5x6-foot center island containing a sink and dishwasher serves as the main work area for the kitchen crew. *(Left):* The old back wall of the house stood where the flat ceiling ends. Note how the simple closet-type unit surrounding the refrigerator integrates it with the cabinetry.



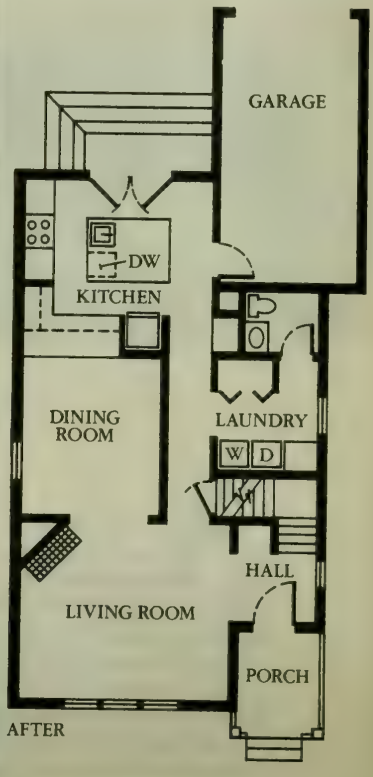
Inside, the structural changes weren't major (see plans), yet the minor shuffling produced a surprisingly unobstructed flow of space. Most of the former kitchen was converted to a laundry area and half bath, but the owners saved a three-foot swath to create a hallway that runs the full length of the house. Then they built a new, open kitchen at the rear of the main level, taking over a mudroom and almost four feet of the old dining room to do so. Now, someone standing at the front of the living area *(right)* can check on activities at the back of the house without moving an inch.

In the kitchen area *(top)* a cathedral ceiling, fitted with a skylight, makes sensible use of previously wasted attic space. The vaulted ceiling also makes possible a space-stretching lookout *(above)* off the upstairs sitting room.





BEFORE



AFTER

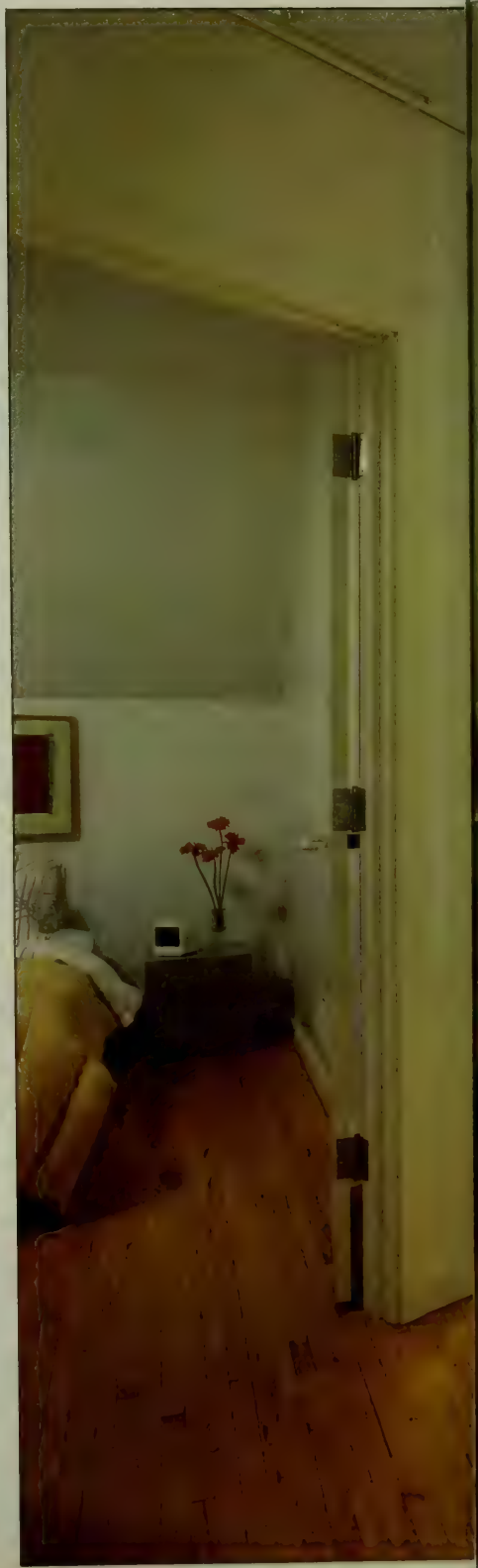
Photographs: Hopkins Associates. Architect: Claude R. Schuttey. Field editor: Patricia Carpenter

Upper Level





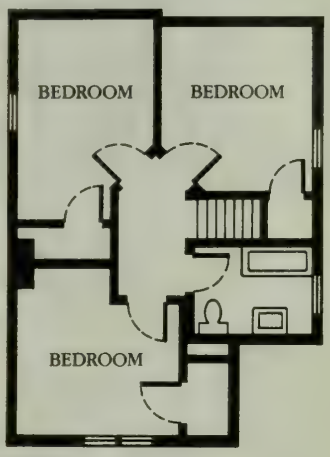
(Above): Along the front of the house is the second bedroom, now a nursery, but eventually destined to be a teenager's retreat. *(Left):* A garage addition and a new deck at the rear of the house blend well with the existing lines.



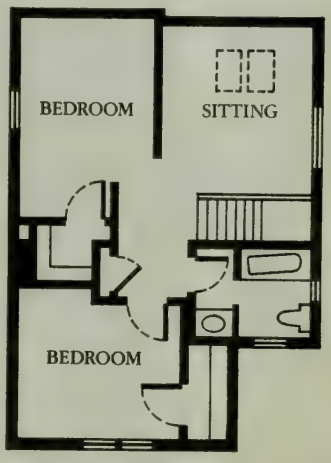
As with the main floor, the sleeping level underwent minimal wall removals, but the many smaller changes gave the entire sleep area a bright new look. The plans show how the owners revamped the closets, revised the bathroom, and added a linen-storage unit off the hall. But the most dramatic transformation took place in the old back bedroom, now a beautiful sitting area *(right)* adjoining the master bedroom. This space, formerly crowded by a flat ceiling, opens to the roofline. The old doorway and wall along the stairway are gone, too, replaced by an open railing. New windows and two skylights in the vaulted wall and the lookout connecting to the kitchen below combine with the new openness to make this area appear much larger than its 11x12-foot size.

Buying information, page 219.





BEFORE



AFTER

delightful, dramatic

DAHLIAS

Douglas A. Jimerson

Turning an ordinary garden into a spring-to-fall flower show is easy when you put dahlias at the top of your garden shopping list. Dahlias offer an almost unlimited selection of heights, colors, and flower styles, and bloom willingly without being coddled. Unlike many other flowers, dahlias form tubers that you can dig up in the fall and replant the following spring. The tubers will increase in size, giving you more plants each year. For sparkling color right up until frost, plant dahlias now.











Dahlias are available in both dwarf and standard sizes. Dwarf dahlias make outstanding bedding plants and their cheerful silver-dollar-size blooms cover the plants all summer. Standard-size dahlias put on their biggest flower show in August and September, a time when most flower borders are in desperate need of some bold color. Both types need full sun.

Dahlias come in a generous assortment of colors and flower styles. Formal decorative, cactus, ball, and pompon are just a



few of the most popular types. Blooms range from one inch to one foot in diameter and the plants themselves range from six inches to six feet tall.

When starting dwarf dahlias from seed, it is best to sow the seed indoors four to six weeks before the last expected frost. Or, buy transplants.

Start standard dahlias from tubers planted outdoors after frost danger has passed. Place each tuber in a four-inch-deep hole and cover with soil.

When frost blackens the dahlia foliage, dig up the tubers and hose off the soil. Then, cut the foliage from the plant, and place the moist tubers in a box of dry vermiculite. Store in a cool, dry, dark location. Replant in the spring.

Because most standard dahlias begin to bloom in midsummer, it's a good idea to plant them alongside perennial flowers that bloom at the same time. In this mixed border *(top left)* the deep red Doris Day dahlia and the pale orange Orly dahlia look great with white phlox and the purple flowers of tibouchina, or glory bush.

In another garden *(far left)* the bright Doris Day dahlia is a knockout planted next to a mass of white phlox.

The versatility of dahlias lets you plant them in a bed of their own, or scatter the plants throughout a flower border. The pastel orange New Fun dahlia provides a brilliant focal point to this garden *(middle left)* of Goldrop rudbeckia and Diablo cosmos.

One of the best ways to show off your dahlias is to plant them with annual or perennial flowers of complementary colors. Use medium-size dahlias with low-growing flowers like dwarf marigolds or geraniums. Taller dahlias mix well with standard zinnias, phlox, or cosmos. Here *(left)*, a compact border of blue ageratum grows in front of the peach Mary Joe dahlia.

Single-flowered dahlias like Irene Vanderswet can be just as effective in the flower border as their more elegant cousins, the decorative and cactus dahlias. In this garden *(above)*, Irene Vanderswet blooms with blue salvia, ageratum, and marigolds.

DAHLIAS



Marie Schnugg—orchid dahlia



Mini-Top Mix—single dahlia



Hamari Girl—formal decorative dahlia

Brookside Snowball—ball dahlia





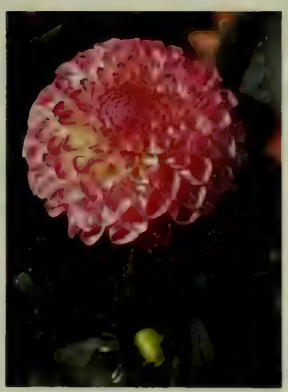
Dream of Patty—semi-cactus dahlia



Michael J—mini-formal decorative dahlia



Poetic—incurved cactus dahlia



Lacey—mini-ball dahlia



It's easy to become hooked on growing dahlias, as Harry and Audrey Slossberg *(above)* have discovered. This Long Island couple now devote all of their spare time to growing and showing dahlia flowers. Their growing techniques and careful attention to the plants' needs have made the Slossbergs two of the top amateur growers in the country.

Their interest in dahlias began about 25 years ago on a dreary winter afternoon when Harry took his two sons bowling to keep them occupied. While the children bowled, Harry wandered through a nearby shopping mall and into a home and garden show. Although he knew nothing about gardening, Harry impulsively bought some dahlia roots; but, back home, he put them in the basement and forgot about them. Weeks after, while giving the basement its annual spring cleaning, Harry discovered the forgotten roots and was amazed that they had begun to sprout. He planted the roots in his garden and fell in love with the blooms that developed.

The Slossbergs' garden gradually was enlarged to make room for an expanding dahlia collection. Soon, Harry began entering local flower contests. A few years later, he won the coveted best-in-show award with a spectacular tricolor dahlia called Surprise. To protect their most promising blooms from the elements, Harry and Audrey tie a small umbrella over their best plants.

To get your dahlia garden off to a good start, the Slossbergs suggest that you keep the following tips in mind.

- Start with named varieties.
- Complete planting by late May.
- Water deeply. For good growth a standard dahlia requires 1½ to 2 inches of water a week.
- Feed dahlias in late May and again in late June. Use a little 5-10-5 fertilizer around each plant.
- If you want jumbo-size flowers, pinch off all but one bud in each cluster.
- When a young standard dahlia develops its first two pairs of leaves, pinch off the growing tip.

How to order, page 221.

Photographs: Maris/Semel
Field editor: Bonnie Maharam

PORCHES *FOR ALL SEASONS*

By CarolAnn Shindelar

Porches are perfect for dozens of activities, from sipping a cold glass of lemonade in the spring, to watching the leaves turn color in the fall. But what happens in the winter? In the case of these two lovely porches, plenty! When cold weather comes knocking, these porches become solar collectors, stretching their usefulness and livability to 12 months of the year.



Convert a concrete stoop for people and plants

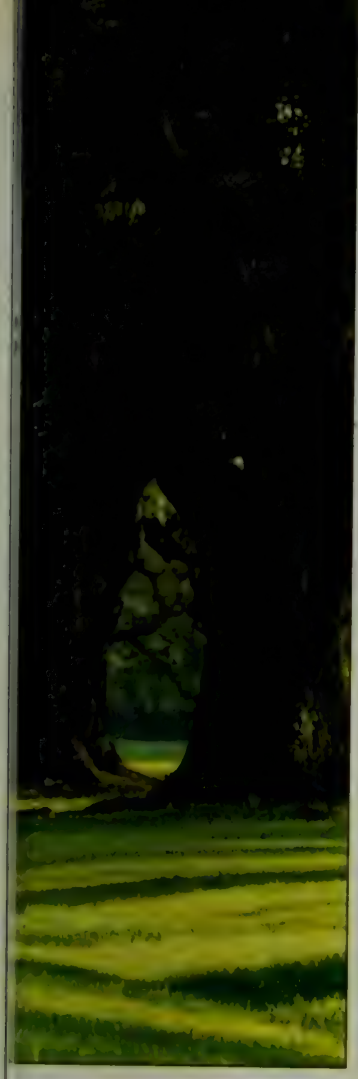
As much a rescue as a solar retrofit, this converted porch was once nothing more than a concrete stoop surrounded by an iron railing. Now, after a $2,000 investment, it's become a solar heater in winter, a greenhouse from spring through fall, and an architectural asset year-round. In conjunction with some general tightening up, the retrofit has dropped the homeowners' heat bills by 30 percent.

The porch was enclosed with double-glazed patio door replacements framed to match the existing house windows. An old door found in the basement adds a welcoming front face.

To beef up the porch's thermal mass, brick was laid over the concrete floor, and four barrels of water (out of camera range on the left) were added. Heat transfers indoors by convection through the front door and window, and by conduction through the brick walls.



Photographs: de Gennaro Studios
Field editor: Barbara Cathcart









BETTER HOMES AND GARDENS, MAY 1984

RIVER COUNTRY

The past seems close at hand along the lower Mississippi River. From Vicksburg and Natchez to Baton Rouge and New Orleans, the relentless waterway rolls through country that gloried in the golden years of the South. Along the River Road (US-61) and well-chosen byways, the river's commanding presence remains and the Old South is remembered.

An oak archway leads to Oak Alley plantation home.

Bluegrass music echoes from the Old Court House.

Outdoor activities await at Grand Gulf Military Park.

Country cuisine

Home cooking goes with country living here. Dinner-table classics include cornbread, biscuits, and southern vegetables—okra, collards, black-eyed peas. Restaurant entrées like fried chicken, catfish, and country ham and red-eye gravy are memorable. Desserts are another indulgence. You won't find tastier cobblers, creamier custards, or richer pecan and sweet potato pies.

Ham- ***Stuffed Bell Peppers*** (front), *with a colorful filling, are a tasty accompaniment to fried chicken.*

Fritters, both sweet and savory, are popular throughout the South. Cooked winter squash and onion season these ***Squash Fritters*** (left).

Yes, there's ¼ cup hot pepper sauce in the marinade for ***Natchez Fried Chicken*** (back right). *But don't let that keep you from trying it. Much of the hotness tempers during the slow-fry cooking.*

Food stylist: Bonnie Rabert

Recipes begin on page 138.

Photographs: Hedrich-Blessing

RIVER COUNTRY

Old South sister cities

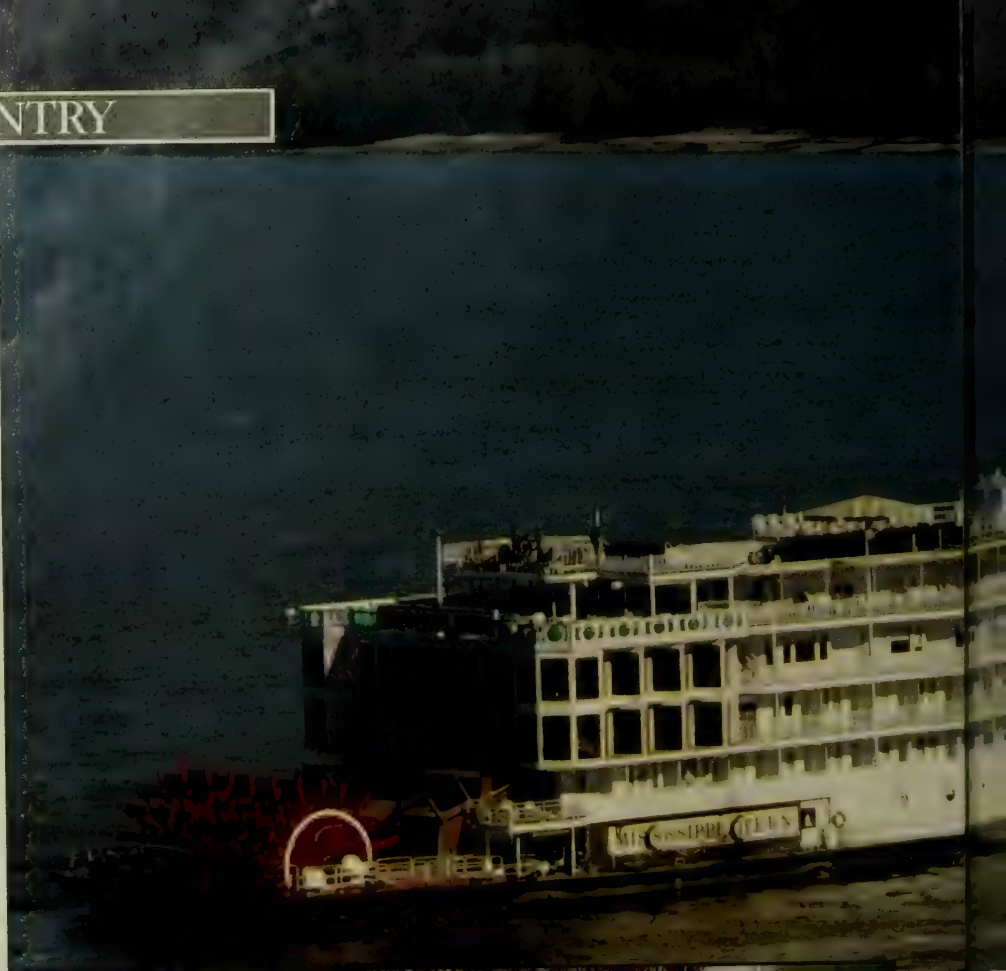
The Civil War dealt different fates to Vicksburg and Natchez, premier river cities 65 miles apart. Devastated by a Union seige, Vicksburg remains shadowed in somber memories. The best-preserved Civil War battlefield presents a gripping look at the past, and the Old Court House Museum is a treasure trove of war memorabilia.

The elegance of the Old South lingers in Natchez, relatively untouched by the Union thrust. Scores of antebellum homes sparkle like gems. Some are open for tours all year. You can almost see wealthy planters and hoop-skirted ladies sipping mint juleps.

Rural byways

Make part of your adventure driving country byways and stopping at sleepy communities. Many, like Port Gibson, between Vicksburg and Natchez, have stories to tell. In Lorman, the general store stocks everything from sunbonnets to walking canes. Kudzu and pine drape the hills in green. Some routes lead to sunny river sandbars; others snake beside cotton fields.

Crossing the state line, you enter the serene hills of English Louisiana, settled by Tories fleeing Georgia and the Carolinas. Plantation homes bracket the river south from St. Francisville beyond Baton Rouge to New Orleans. At St. Francisville, Rosedown is the most lavish. Oak Alley near Vacherie has a lovely setting. You can crisscross between levees on car ferries. *(For more about river country, see page 166.)*









The *Mississippi Queen* churns up the mighty river.

Sweet pralines are for sale around Natchez's Stanton Hall, which you can tour.

Civil War cannons still smoke at Vicksburg National Military Park.

The Old Country Store near Lorman is a friendly gathering spot for a stop.

Riverboat photograph: Danny Richardson/Natchez





Savory ***Stuffed Ham*** (back) *is filled and capped with bread stuffing flecked with green pepper, celery, and onion. The delicate sweet-sour flavor of the stuffing contrasts with the unique country ham flavor.*

Skillet Okra and Vegetables (front right) *combines okra, onion, tomatoes, corn, and butter beans into a multicolored vegetable medley.*

Buttermilk Biscuits (front left) *will help your cooking reputation spread. They're quickly made and extra flaky, thanks to self-rising flour.*

Recipes begin on page 138.
Buying information, page 219.

ACADIANA

Ribbons of roads through the south Louisiana lowlands penetrate a bayou-blessed land that's been home to Acadians, called Cajuns, since the British banished them from Nova Scotia over two centuries ago. The Cajuns, originally French, borrowed the best from other ethnic groups, while remaining true to their heritage. That includes a remarkable zest for life. To appreciate the culture and spirit that make this area unique, plan to linger awhile. Rush through on the interstate and you'll miss everything.

Cajun cookery

Bring a good appetite to Acadiana, where Cajun cooking has become an art. It's an ingenious blend of local harvest from the land and sea. Rice fills out the dishes, and pepper, herbs, and spices heat them up. Asking locals is the secret to finding the best restaurants featuring Cajun specialties. Crawfish, gumbo, bread pudding, and seafood with a Cajun touch are a few dishes to try.

Browsing the bayous

The hub city of Acadiana is Lafayette, between Lake Charles, Louisiana, and New Orleans. The most interesting approach from the west follows the Gulf's curve south from Lake Charles along the Creole Nature Trail (State-27), then east on State-82. Acadian Village, near Lafayette, is a re-created bayou village that gives a glimpse at early Cajun life.

Villages that are the soul of Cajunland surround Lafayette. You travel bayou-side roads beside rice and sugar cane fields.

Cajun ***Redfish Roulades*** (front in picture opposite) *exemplify the elegant side of bayou cooking. Creole-style mustard accents the sauce.*

Oysters Rockefeller Soup (back) *is gaining as much fame today as its cousin, Oysters Rockefeller, first did in New Orleans 84 years ago. Serve it as an appetizer or first course.*

The bonus flavor in ***Coconut Bread Pudding with High Top Meringue*** (picture right, back left) *is sherry-soaked raisins.*

Pastry leaves encircle ***Riverbottom Pecan Pie*** (back right). *This specialty flaunts a dark rich filling.*

Taffy Tarts (front left) *are ideal for tea or a dinner finale. The filling forms a chewy topping as it bakes.*

Location: Shadows-on-the-Teche, New Iberia, La.

Recipes begin on page 140.





Fresh crawfish are a true Cajun country delicacy.



Feathered creatures cloak an island rookery at sunset.



Annie Miller, who guides swamp tours from near Houma, knows every niche of the Acadian wetlands.



Friendly people with twinkling eyes help "pass a good time" in Acadiana.

Crawfish photograph: Philip Gould



ACADIANA

In New Iberia, there are tours of an Acadian planter's home and the old Konriko rice mill. A stately courthouse and church frame twin town squares in Abbeville. Rosy lights wink outside bakeries, signaling that French bread is hot from the ovens. Crossroads groceries stock everything from headcheese to boudin (boo-dan), a sausage that's spicy hot. Losing your way can be fun. You can get directions from quick-witted Cajuns, who speak with a French patois.

The good times roll

Cajuns always seem to be celebrating something with festivals that span the seasons. Friends and good times are dear to their hearts. Among the liveliest gatherings is Festivals Acadiens in Lafayette (September 15 and 16).

One way to get to know Acadiana is through its music. For Cajun music in a family setting, try Mulate's, near the town of Breaux Bridge. Groups that put forth include old-timers who've played together almost forever. You can't sit still when the fiddles and accordions get hot.

Wetland wonders

More Cajun mystique lies hidden in Acadiana's swamps and marshes. For a trip to remember, take a swamp-boat tour with Annie Miller from near Houma, southeast of Lafayette. This Cajun lady won't let you miss a thing—from camouflaged critters like nutria to herons. Best of all is gator-feeding time, when reptiles jump from the water for snacks. (For more about Acadiana, see page *166*).











Acadian Village, near Lafayette, salutes the lifestyle of the early Cajuns.

Gruesome gators cruise the swamps at snoot level.

At Cajun festivals, fast-stepping tunes entice dancers of all ages.

Cajun bands specialize in folk songs passed down through the generations.

Albert Lirette makes shrimp nets by hand along the bayous near Houma.

Cajun band photograph: Philip Gould



Sauce ***Piquante*** (front left) *tops pepper-coated pork chops here. Cajun cooks also serve this sauce with many other meats, such as chicken, alligator, and frog legs.*

Crawfish Étouffée *(AY-too-FAY)* (front right) *consists of shellfish smothered in vegetables and served over rice.*

A debate centers around whether to thicken gumbo with filé powder or okra. ***Chicken Andouille Gumbo*** (back) *offers both, plus another Southern specialty: spicy-hot andouille (on-DOV-ee) sausage.*

Location: Acadian Village, Lafayette, La.

Recipes begin on page 146.

THE GULF COAST

The Gulf Coast creates a glimmering panorama of beaches, islands, bays, and moody-blue waters through an amalgam of coastal towns from Mobile to New Orleans. Along this roughly 200 miles of Gulf shore, days pass leisurely in tune with the semitropical mood.

The sea's delicacies

A fond preoccupation is indulging in fresh catches. Shrimp, crabs, oysters, flounder, and snapper are fixed in delicious ways. Creole creations, sparked by the coast's French and Spanish beginnings, further titillate appetites. Folks who fix them usually share secrets of their specialities.

Coastal amblings

From the bayside city of Mobile, which reveals its rich past in four historical districts, loop south to Dauphin Island. West from the island through the shrimping village of Bayou La Batre, your route intersects with US-90.

Sounds of the ocean are never far away as US-90 leapfrogs via bridges and causeways between towns with seaworthy names. Sand seems to stretch forever around Biloxi and Gulfport, at the center of the coast. This sunny playground is fine-tuned with amenities for visitors. Communities farther east and west are more low key.

To get a sense of the ocean, travel to a sliver of sand offshore like Ship Island. Pack a picnic and make a day of it. Waves break across wide beaches as breezes rustle sea oats and shift the shapes of the dunes. *(For more about the Gulf Coast, see page 170.)*









There's a farmers' market nearly every day along the Mississippi coast.

Skies glow with pink dawns and orange sunsets.

With a net and a chicken neck, you can try crabbing.

Structures like the Malaga Inn reflect the rich heritage of the city of Mobile.

Dauphin Island beaches are perfect for family fun.





Sailing and other water sports abound on the Gulf.

Gulf-Style ***Gumbo*** (back), *jam-packed with a combination of shrimp, crab, and oysters, is a likely find down Mobile way. Two kinds of hot pepper sauce add fire to this seafood-based main dish that's served with hot cooked rice.*

A mustard-horseradish marinade highlights the seafood in chilled ***Shrimp Remoulade*** (front right). *Spoon the mixture over shredded lettuce for a colorful appetizer.*

Complete your Gulf Coast-inspired meals with golden ***Southern Corn Bread*** (front left). *The Southern rendition of this all-American favorite has no sugar added and includes flavorful bacon drippings. Be true to tradition and bake it in an iron skillet to get a crisp crust and serve it drizzled with sorghum.*

Recipes begin on page 146.
Buying information, page 219.
To order specialty Southern foods, see page 221.

NEW ORLEANS

Cradled in an easy curve of the Mississippi near the brink of the Gulf, New Orleans celebrates the moment, while nurturing the history of nearly three centuries. Inspired by its colorful past, great food and music, this legendary city turns having a good time into an art. The secret to appreciating New Orleans' charm is opening your heart to the city.

Culinary pride

The city is a gourmand's delight. An array of fabled owner-operated eating establishments boasts quality dining. But don't miss treats served up at unpretentious po' boy shops, oyster bars, and outdoor cafés. They're also New Orleans institutions.

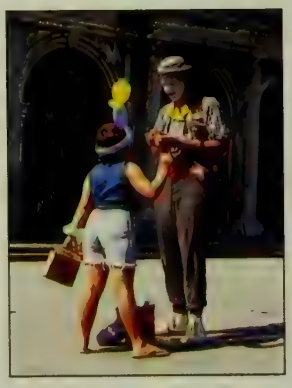
Culinary artistry ranges from simple to extravagant, with Creole cuisine the most distinctive. This zesty blend heralds the tastes of early French and Spanish residents, combined with touches of this and that, like sweet peppers and golden saffron. Distinctive fare to try includes shrimp creole, jambalaya, bananas foster, mile-high pie, and muffuletta sandwiches.

Old-quarter tapestry

A sense of the past surrounds the French Quarter, where you can sample most of the things New Orleans is famous for. Iron balconies cast shadows on quaint cottages. Old rowhouses with simple facades conceal fountains and courtyards.

Exploring should be a leisurely adventure. Along cobbled streets, galleries and shops lie tucked away in unlikely spots, and carriage horses clip-clop by.









Jazz played by old-timers at Preservation Hall ($1) is the city's best bargain.

Clowns add to the French Quarter's carnival mood.

Jackson Square artists do portraits of passersby.

St. Louis Cathedral towers above Jackson Square.



P o' boys (front), *individual French bread loaves filled with fried Gulf oysters, must be included on your culinary tour of the South. Spread the bread with mayonnaise and serve with lemon wedges, as shown, or top generously with hot pepper sauce, shredded lettuce, tomato slices, or some catsup.*

Grillades and Grits (right center) *traditionally graced the Old South's breakfast tables, but this dish fares well at suppertime, too. Slow-cooked tomatoes, onions, and garlic provide a self-made gravy for the veal round steak.*

Red Beans and Rice (back) *is a stewlike meal that has been known to feed many hungry families at a slim price. It combines the red beans, ham bone, and smoked sausage with some red pepper.*

Satisfy the biggest of appetites with a ***Muffuletta*** (left center). *The folklore indicates that this sandwich was created in New Orleans during the early 1900s. A round Italian loaf envelopes sliced salami, cappicola, and a juicy pickled vegetable mixture.*

Location: New Orleans waterfront.

Field editor: Bonnie Warren

Recipes begin on page 150.
Buying information, page 219.

NEW ORLEANS

Delicious aromas beckon from every direction.

A carnival mood engulfs Jackson Square, in the heart of the quarter. Bands entertain, kids work crowds with dance routines, magicians and mimes ply their trades, and quick-study artists fashion portraits while you wait. Steps away are the Moonwalk, a riverside promenade; The Jackson Brewery, a renovated complex of eateries and shops; famous arteries like Royal Street, the quarter's best shopping stretch; and the old French Market.

The city pulses with jazz, which was born in the streets of New Orleans. Low-down or red hot, music echoes from classy clubs, honky-tonks, and simple halls. Families can hear old-timers at Preservation Hall play jazz as it used to be played or celebrate Sunday with a jazz brunch. *(For more information about New Orleans and the World's Fair, see page 173.)*



The soft light at sunset shows off nostalgic French Quarter architecture.



Muffuletta sandwiches originated in New Orleans at the Central Grocery.



***Doberge Cake** (DO-bash)* (right) *exemplifies the ingenuity of New Orleans' bakers. It's an adaptation of the famous European Dobos Torte.*

You won't be able to resist these light powdered-sugar-dusted ***Beignets*** *(ben-YAZE)* (front left).

Calas (back left) *appear to mirror Beignets, except the recipe starts with rice.*

Location: The Historic New Orleans Collection.

Recipes begin on page 155.



BETTER THAN AN APPLE A DAY.

Remember all those wonderful lit-
e sayings your mother had about
ood?

"Carrots help you see in the dark."
Milk gives you strong bones." "An
pple a day keeps the doctor away."

She was on the right track.

And when she said, "Eat your
oup, it's good for you," she was years
head of her time.

WHAT RESEARCHERS TELL US ABOUT SOUP.

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ata, university researchers found
at soup can play a significant part
a healthy, well-balanced diet.

Take Campbell's Bean with Bacon
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s even more nutritionally balanced
an an apple.

Besides supplying major nu-
trients like iron and vitamin A, it's
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fiber.

GOOD FOOD HELPS KEEP YOU HEALTHY.

Your chances of getting sick are
higher when your resistance is low.
But eating a balanced diet of good
nutritious food, like soup, can help
keep your resistance up.

So think. When was the last time
you did something really good for
yourself? When was the last time you
had a delicious bowl of soup?

(And, by the way, when was the
last time you called your mother?)

CAMPBELL'S SOUP IS GOOD FOOD



Win Money For Your Recipes

HOLIDAY BREADS

PARTY BEVERAGES

Is there a special bread you bake that's a highlight of your December celebrations? Do you greet holiday guests with a sensational beverage? Send us your recipes—you could be a winner. Two Cooks of the Month receive $50 each, four Runners-Up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Holiday Breads: Any original yeast or quick bread with a festive slant could win. Do you uniquely shape your holiday loaf or roll? **Tips: oat holiday wreath, orange sticky twists, tunnel-of-cheesecake brioche.**

Party Beverages: Can your novel party beverage be served both hot and cold? Perhaps your slush or nog is perfect for calorie-conscious guests. **Hints: café almond punch, cranberry surprise shake, tangerine tea spritzer.**

THIS MONTH'S WINNERS

(See recipes on pages 161 and 162.)

Cooks of the Month: Mrs. Beverly Schaut, Tampa, Fla.; Margaret L. Smith, Inverness, Ill.

Runners-Up: A. M. Berry, Oklahoma City, Okla.; Mrs. R. V. Montello, Portage, Wis.; Carol A. Schlotterbeck, Longwood, Fla.; Barbara Woods, Hewitt, N.J.

Honor Roll: Edith Britts, Lafayette, La.; Mrs. Jeanette Dolph, Fort Wayne, Ind.; Ann B. Kennedy, West Chester, Pa.; Dawn Kozlowski, Simi Valley, Calif.; F. M. Krause, DeWitt, Iowa; Mrs. Jim Moore, Marshalltown, Iowa; Mrs. Flora B. Rippstein, Apple Valley, Calif.; Kayleen L. Sloboden, Puyallup, Wash.; M. Tonkovich, Juneau, Alas.; Mrs. Marie H. Webb, Roanoke, Va.

CONTEST RULES

1. Clearly write your name, address, and recipe marked "December Holiday Breads" or "December Party Beverages."
2. Specify brand names of food products you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner for as long as we wish.
5. Entries must be postmarked by midnight, May 31. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address the recipes you enter to 8405 Food Department, Better Homes and Gardens, Des Moines, IA 50336.

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(Any Variety)

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Favorite Recipes

FROM THESE FAMOUS NAMES



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These delicious recipes will appeal to your pocketbook as well as your palate. What's more, the last page of this Favorite Recipes section contains valuable coupons that will save you money.



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KRAFT

continued

New Orleans bound!

**Note:* You can substitute one 2½-pound fully cooked *ham slice,* cut 1 inch thick, for the country-style ham. Do not cook the ham slice in water; trim and slash edges. Prepare stuffing as directed on *page 138.* Place ham slice on a rack in a roasting pan. Bake, uncovered, in a 350° oven for 20 minutes. Pat a thin layer of the dressing (about ¼ inch thick) over the top of the ham slice. (Any extra dressing may be heated in a small covered casserole with the ham.) Return ham to oven. Bake, uncovered, 15 to 20 minutes more or till stuffing is light brown. Serves 6 to 8.

SKILLET OKRA AND VEGETABLES

If fresh okra is not available, substitute 2 cups frozen cut okra—

3 slices bacon
1 large onion, chopped
1 28-ounce can tomatoes, cut up
2 cups sliced okra
1 16-ounce can butter beans, drained
1 8-ounce can whole kernel corn, drained

In a heavy 12-inch skillet cook the bacon till crisp. Remove bacon; drain on paper toweling. Reserve *2 tablespoons* bacon drippings in skillet. Add onion to the skillet. Cook, uncovered, till onion is just tender. Add the *undrained* tomatoes, okra, butter beans, and corn. Season with salt and pepper. Simmer, uncovered, about 20 minutes or till liquid has almost evaporated. Crumble bacon; sprinkle atop to serve. Makes 6 to 8 servings.

BUTTERMILK BISCUITS

2 cups self-rising flour
1 tablespoon sugar
½ cup shortening
¾ cup buttermilk *or* sour milk
Melted butter *or* margarine

In a medium mixing bowl stir together the flour and sugar. Cut in shortening till the mixture resembles coarse crumbs. Make a well in the center; add the buttermilk or sour milk all at once. Stir the mixture just till the dough clings together. On a lightly floured surface knead the biscuit dough gently for 10 to 12 strokes. Roll or pat the dough to ½-inch thickness. Cut with a 2½-inch biscuit cutter, dipping the cutter in flour between cuts. Transfer the biscuits to an ungreased baking sheet. Brush the tops with some melted butter or margarine. Bake in a 400° oven about 15 minutes or till light brown. Makes about 10 biscuits.

CAJUN REDFISH ROULADES

4 6-ounce fresh *or* frozen redfish fillets *or* red snapper
8 ounces fresh *or* frozen shelled crawfish tails, shrimp, *or* crab meat
Lemon juice
4 ounces fresh mushrooms, sliced
2 small shallots *or* 1 green onion, thinly sliced
1 clove garlic, minced
1 tablespoon butter *or* margarine
1 cup finely snipped fresh basil

continued

No shredding. No waiting. No wonder.







Ham and Broccoli Strata

8 white bread slices
1 10-oz. pkg. frozen chopped broccoli, cooked, drained
½ cup finely chopped ham
2 tablespoons finely chopped onion
4 eggs, beaten
½ cup milk
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread

Place four bread slices on bottom of greased 8-inch square baking dish; top with broccoli, meat, onion and remaining bread. Gradually add combined eggs and milk to ¾ cup process cheese spread, mixing until well blended. Pour egg mixture evenly over bread. Cover; refrigerate 1 hour or overnight. Bake at 350°, 40 minutes. Top with remaining process cheese spread. Let stand 10 minutes before serving.

4 servings

Golden Crown Cauliflower

1 medium head cauliflower, cooked, drained
CHEEZ WHIZ Pasteurized Process Cheese Spread

Top cauliflower with process cheese spread.

6 servings

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continued

New Orleans bound!

- ¾ teaspoon Creole seasoning *or* Homemade Creole Seasoning (see recipe below)
- ½ cup light cream *or* milk
- ½ cup chicken broth
- ¾ cup soft bread crumbs (1 slice)
- 1 lemon
- 1 recipe Creole Mustard Sauce (see recipe on page 144)
- Watercress (optional)

Thaw fish and seafood, if frozen. Place fillets between 2 pieces of clear plastic wrap. Pound slightly to flatten to ¼-inch thickness. Remove plastic wrap; sprinkle fillets with lemon juice.

In a saucepan cook the mushrooms, shallots, and garlic in butter or margarine till tender. Add the crawfish, basil, and Creole seasoning. Stir in cream and broth. Bring almost to boiling. Simmer, uncovered, 5 minutes. Stir in bread crumbs. Remove from heat.

Spread about *⅔ cup* stuffing mixture atop each fish portion. Roll up fish, jelly-roll style, starting from narrow end. Place rolls, seam side down, in a 12x7½x2-inch baking dish. Drizzle with additional chicken broth; dot with additional butter. Cover and bake in a 350° oven for 20 to 25 minutes or till the fish flakes easily when tested with a fork. Meanwhile, using a sharp knife, halve lemon, cutting a sawtooth edge. Using a slotted spatula, transfer cooked fish to platter. Serve topped with the Creole Mustard Sauce. Garnish the platter with lemon and watercress. Makes 4 servings.

HOMEMADE CREOLE SEASONING

Try this seasoning to spice up hamburgers, too. Just mix in 1 teaspoon of the seasoning per pound of the uncooked ground beef—

- 2 tablespoons salt
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon black pepper

Combine all ingredients. Store, tightly covered, at room temperature. Use to season such foods as meat, fish, vegetables, and soups. Makes about ¼ cup seasoning.

continued

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continued

New Orleans bound!

CREOLE MUSTARD SAUCE

Creole-style mustard is coarse-textured and flavorful. You'll find it in large supermarkets or specialty food shops. Or, substitute a German-style mustard—

- 4 egg yolks
- ½ cup butter *or* margarine, cut in thirds and at room temperature
- 4 teaspoons lemon juice
- 3 tablespoons Creole-style mustard
- Few dashes bottled hot pepper sauce

In the top of a double boiler place the egg yolks and *one-third* of the butter. Cook mixture, stirring rapidly, over boiling water till butter is melted. Add one-third more of the butter; continue stirring rapidly. As butter melts and mixture thickens, add the remaining butter, stirring constantly. When butter is melted, remove pan from water; stir rapidly for 2 more minutes. Gradually stir in lemon juice. Add the mustard and hot pepper sauce. Heat again over boiling water, stirring constantly, for 2 to 3 minutes or till sauce is thickened. Remove from heat immediately. Makes about 1 cup sauce.

OYSTERS ROCKEFELLER SOUP

- 1½ cups chicken broth
- 1 small onion, finely chopped
- 1 stalk celery, finely chopped
- 2 cloves garlic, minced
- 1 cup finely chopped fresh spinach
- 1 pint shucked oysters
- ⅓ cup grated Romano *or* Parmesan cheese
- 2 cups light cream *or* milk
- 2 tablespoons cornstarch
- 1½ teaspoons aniseed
- ½ teaspoon salt
- ⅛ teaspoon ground red pepper
- ¼ cup Pernod *or* anisette

In a large saucepan cook *½ cup* of the chicken broth, the onion, celery, and garlic, covered, for 5 minutes. Add the spinach; cover and simmer 5 minutes more. Drain oysters, reserving liquid. Add the oyster liquid and the remaining chicken broth to mixture in saucepan. Simmer mixture for 10 minutes, stirring occasionally. Stir in the cheese. Combine the cream, cornstarch, aniseed, salt, and red pepper; stir into the mixture in saucepan. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Stir in oysters and the Pernod; heat through. Makes 8 appetizer servings.

COCONUT BREAD PUDDING WITH HIGH TOP MERINGUE

- ½ loaf French bread (8 ounces)
- 2½ cups milk
- ½ cup light raisins
- ¼ cup cream sherry, warmed
- 4 slightly beaten egg yolks
- ¾ cup sugar
- ½ cup coconut
- 1 tablespoon vanilla
- 3 tablespoons butter *or* margarine
- 4 egg whites
- ¼ teaspoon cream of tartar
- 1 cup sifted powdered sugar

Into a large mixing bowl break or tear bread into small pieces to measure 8 cups. Pour the milk over the bread and let soak about 15 minutes or till the bread is completely softened, stirring often. Soak raisins in the warm sherry for 15 minutes. Beat together the egg yolks, sugar, coconut, and vanilla. Stir in the raisins and sherry. Add the raisin-coconut mixture to bread mixture and stir till thoroughly blended. Preheat the oven to 350°; melt butter or margarine in an 8x8x2-inch baking pan or dish in the oven while it heats. Swirl melted butter around pan to coat bottom and sides. Pour excess butter from pan into bread mixture and stir. Turn bread mixture into the warm pan. Bake about 25 minutes or till a knife inserted halfway between center and edge comes out clean.

For meringue: In a small mixer bowl beat egg whites and cream of tartar on high speed of electric mixer till soft peaks form (tips curl). Slowly add the powdered sugar to the beaten whites and continue beating till stiff peaks form (tips stand straight). Lightly spread meringue evenly over the hot baked pudding, making swirls and peaks. Return pan to oven and increase oven temperature to 375°. Bake pudding 10 to 15 minutes more or till golden. Serve warm. Makes 9 servings.

RIVERBOTTOM PECAN PIE

- 1 recipe Pastry
- ¾ cup sugar
- 3 tablespoons butter *or* margarine
- Dash salt
- 3 eggs
- 1 cup dark corn syrup
- 2 teaspoons vanilla
- 1 cup chopped pecans
- ¾ to 1 cup pecan halves
- 1 cup whipping cream
- 2 tablespoons praline liqueur *or* amaretto
- 2 teaspoons powdered sugar

Prepare Pastry. Beat together the sugar, butter or margarine, and salt with an electric mixer till well combined. Add eggs, one at a time, beating 1 minute after each addition. Beat in corn syrup and vanilla. Stir in chopped pecans. Turn mixture into the prepared pastry. Arrange pecan halves in a pattern atop the filled pie. Garnish with reserved pastry leaves. Cover edge of pie with foil to prevent overbrowning. Bake in a 350° oven for 25 minutes. Remove foil. Bake pie 25 minutes more or till knife inserted off-center comes out clean. Cool on a wire rack.

Before serving, beat whipping cream, liqueur, and powdered sugar till soft peaks form. Serve whipped cream mixture atop wedges of pie.

Pastry: Stir together 1¼ cups *all-purpose flour* and a dash *salt.* Cut in ⅓ cup *butter* or *margarine* till the pieces are the size of small peas. Sprinkle with 1 tablespoon *ice water;* gently toss with a fork. Push to side of bowl. Repeat with 2 to 3 tablespoons additional *ice water* till all is moistened. Form dough into a ball. On a lightly floured surface roll dough to a 12-inch circle. Place in a 9-inch pie plate. Trim pastry to edge of pie plate. Roll out pastry scraps. Using a sharp knife, cut rolled pastry into leaf shapes. Brush dough leaves with water and place around edge of pie. Set aside additional pastry leaves to garnish top of pie (optional).

TAFFY TARTS

- ½ of an 8-ounce package cream cheese
- ¾ cup butter *or* margarine
- 1½ cups all-purpose flour
- 2 cups packed brown sugar
- 2 slightly beaten eggs
- 2 tablespoons all-purpose flour
- 1 tablespoon butter *or* margarine
- 1 tablespoon vanilla

For pastry: In a large mixer bowl beat the cream cheese and the ¾ cup butter or margarine for 30 seconds. Stir

continued


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in the 1½ cups flour and beat well. Form into a ball. In a small mixer bowl beat the brown sugar, eggs, the 2 tablespoons flour, the 1 tablespoon butter or margarine, and vanilla till combined.

Shape dough into 36 balls; place each ball in an ungreased 1¾-inch muffin cup. Press dough onto bottom and up sides of cups. Spoon *1 tablespoon* brown sugar mixture into each cup. Bake in a 325° oven 35 minutes or till golden. Cool 15 minutes on wire racks. Remove from pans; cool. Store the tarts, covered, in the refrigerator. Makes 36.

SAUCE PIQUANTE

The first step, cooking the flour and oil, forms a roux. The roux is done when its color changes to that of a dull copper penny. Use a heavy saucepan to prevent scorching—

⅓ cup all-purpose flour
⅓ cup cooking oil
1½ cups sliced green onions
1 large onion, chopped (1 cup)
1 medium green pepper, chopped
⅓ cup chopped celery
2 tablespoons snipped parsley
2 cloves garlic, minced
1 7½-ounce can tomatoes, cut up
¼ cup water
2 tablespoons tomato paste
2 tablespoons dry red wine
1 bay leaf
½ teaspoon salt
½ teaspoon black pepper
¼ teaspoon ground red pepper
¼ teaspoon dried basil, crushed
¼ teaspoon chili powder
⅛ teaspoon dried thyme, crushed
Dash ground cloves
1 recipe Peppered Pork Chops (see recipe at right)
Hot cooked rice

In a 2-quart heavy saucepan combine the flour and cooking oil. Cook over medium heat, stirring constantly, about 30 minutes or till a dark reddish-brown roux is formed. Remove from heat. Add the green onions, onion, green pepper, celery, parsley, and garlic. Return to heat; cook and stir about 10 minutes or till the vegetables are tender. Stir in the *undrained* tomatoes, water, tomato paste, wine, bay leaf, salt, black pepper, red pepper, basil, chili powder, thyme, and cloves. Simmer the mixture, uncovered, about 45 minutes or till it reaches the desired consistency. Discard the bay leaf. Serve the sauce over hot Peppered Pork Chops with rice. Garnish with celery leaves. Makes 6 servings.

PEPPERED PORK CHOPS

Louisiana and Cajun cooks often season foods with a mixture of ground black, white, and red peppers. The black pepper adds aroma; the red pepper, burn; and the white pepper, bite. In Cajun country, meat markets and grocery stores even stock peppered meats—

2 teaspoons black pepper
2 teaspoons white pepper
2 teaspoons ground red pepper
6 pork loin chops, cut 1 inch thick

Combine the three peppers. Rub each chop with about 1 teaspoon pepper mixture, coating evenly. Place chops on the rack of an unheated broiler pan. Broil chops 3 to 4 inches from the heat for 20 to 25 minutes, turning once. Serve hot with Sauce Piquante. Makes 6 servings.

CRAWFISH ÉTOUFFÉE

Crawfish, also known as crayfish, crawdads, creek crabs, and yabbies, are freshwater crustaceans. One pound fresh or frozen peeled shrimp can be substituted for the crawfish—

1 pound fresh *or* frozen shelled crawfish tails
¼ cup butter *or* margarine
¼ cup all-purpose flour
¼ cup butter *or* margarine
1 medium onion, chopped (½ cup)
1 small green pepper, chopped
½ cup chopped celery
1 clove garlic, minced
2 tablespoons snipped parsley
½ teaspoon salt
¼ teaspoon black pepper
⅛ to ¼ teaspoon ground red pepper
½ cup water
Hot cooked rice
Boiled whole fresh crawfish (optional)

Thaw crawfish tails, if frozen. In a heavy saucepan melt the first ¼ cup butter or margarine. Stir in the flour. Cook over medium-low heat, stirring constantly, about 30 minutes or till a dark reddish-brown roux is formed. Add the remaining ¼ cup butter or margarine, stirring till melted. Add the onion, green pepper, celery, and garlic. Cook and stir the mixture about 15 minutes or till very tender.

Add the crawfish tails, parsley, salt, black pepper, and ground red pepper. Stir in the water. Bring to boiling; reduce heat. Simmer, uncovered, for 5 to 10 minutes or till crawfish are tender. Serve over hot cooked rice; garnish with boiled crawfish. Makes 4 servings.

CHICKEN ANDOUILLE GUMBO

Filé (fee-LAY) powder is made by finely grinding dried sassafras leaves—

1 4- to 6-pound stewing chicken, cut up
¼ teaspoon black pepper
⅛ teaspoon ground red pepper
½ cup cooking oil
½ cup all-purpose flour
1 large onion, chopped (1 cup)
1 large green pepper, chopped
1 cup sliced green onions
1 cup chopped celery
1 clove garlic, minced
3 quarts hot water
1 pound andouille *or* smoked sausage, cut into ½-inch slices
2 to 3 tablespoons filé powder
Hot cooked rice

Sprinkle chicken with the black pepper, red pepper, and 1 teaspoon *salt.* In Dutch oven brown chicken on all sides in hot oil. Remove chicken and set aside. Add flour to pan drippings, scraping bottom of pan to loosen crusty bits. Cook over medium heat, stirring constantly, about 30 minutes or till a dark reddish-brown roux is formed. Add onion, green pepper, green onions, celery, and garlic; cook and stir over medium heat for 5 to 10 minutes or till tender.

Gradually stir in the water. Add the browned chicken. Bring to boiling; reduce heat. Cover and simmer for 2 to 2½ hours or till chicken is very tender, adding more water, if necessary. Add sausage and 1 teaspoon *salt;* simmer for 20 to 30 minutes more. Remove from heat; skim off fat. Stir in the filé powder; let stand 5 minutes. Serve with hot cooked rice. Makes 8 servings.

GULF-STYLE GUMBO

1 pound fresh *or* frozen shelled shrimp
1 6-ounce package frozen crab meat

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ZESTY MACARONI SALAD

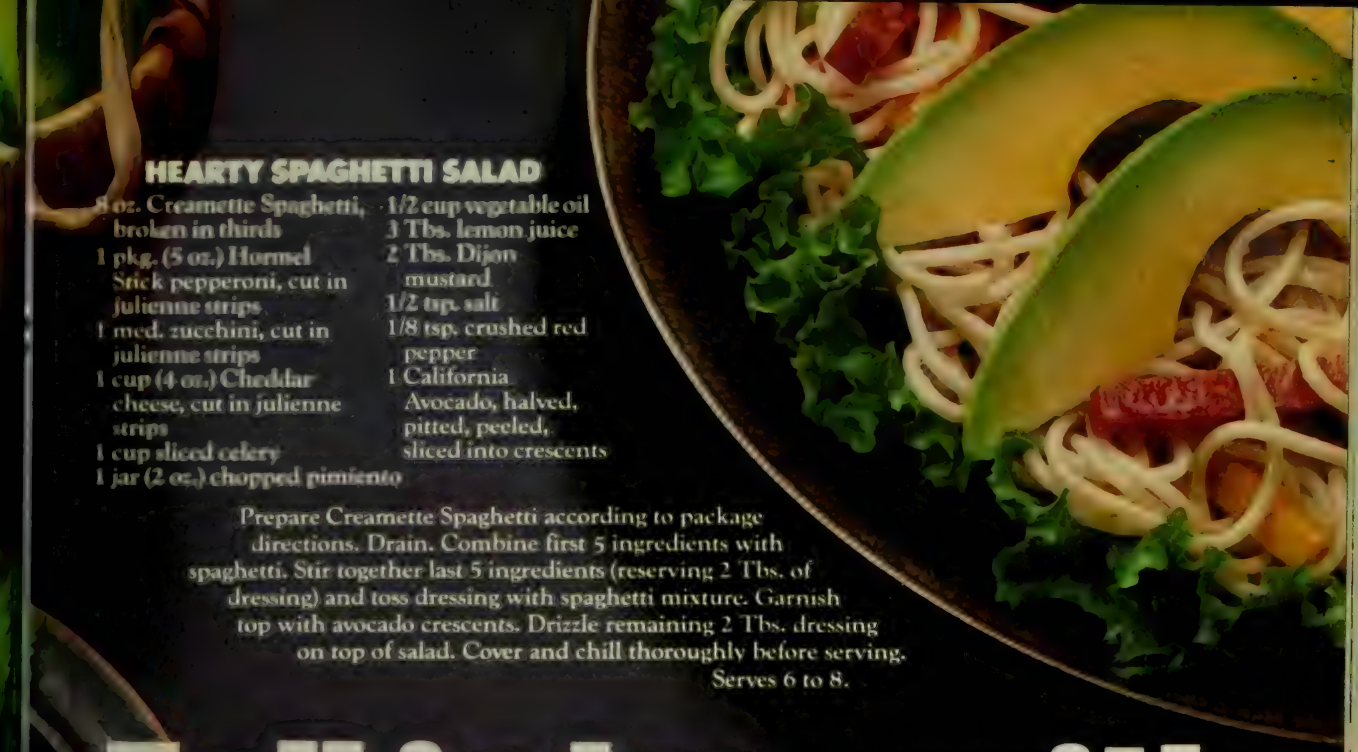
1 pkg. (7 oz.) Creamettes Elbow Macaroni, 2 cups uncooked
1 pkg. (3-1/2 oz.) Hormel Sliced pepperoni
2 California Avocados, peeled and pitted (all cut into chunks except 1/2 avocado sliced into crescents).
2 cups sliced fresh mushrooms
2 cups halved cherry tomatoes
1/4 cup sliced green onions
3/4 cup bottled Italian dressing
1/4 tsp. lemon pepper

Prepare Creamettes according to package directions. Drain. Set aside Avocado crescents for garnish. Gently toss all other ingredients with macaroni. Cover. Chill well. Serves 6 to 8.

BROILED AVOCADO LUNCHEON CUP

1 cup uncooked Creamettes Elbow Macaroni
4 California Avocados, halved and pitted
3 to 4 drops bottled hot sauce
1 pkg. (5 oz.) Hormel Stick pepperoni, chopped
1/2 cup (2 oz.) grated Mozzarella cheese
1/4 cup grated carrot
1 Tbs. minced onion
1/4 cup mayonnaise
1/4 cup dried bread crumbs
1 Tbs. melted butter

Prepare Creamettes according to package directions. Drain. Scoop out avocado from shells and mash with hot sauce. Spread mixture in bottom and around sides of shells. Combine macaroni, pepperoni, cheese, carrot, onion and mayonnaise. Spoon into shells. Sprinkle mixture of bread crumbs and melted butter over filling. Broil 3-5 minutes. Serves 4 with 2 half shells each.



HEARTY SPAGHETTI SALAD

8 oz. Creamette Spaghetti, broken in thirds
1 pkg. (5 oz.) Hormel Stick pepperoni, cut in julienne strips
1 med. zucchini, cut in julienne strips
1 cup (4 oz.) Cheddar cheese, cut in julienne strips
1 cup sliced celery
1 jar (2 oz.) chopped pimiento
1/2 cup vegetable oil
3 Tbs. lemon juice
2 Tbs. Dijon mustard
1/2 tsp. salt
1/8 tsp. crushed red pepper
1 California Avocado, halved, pitted, peeled, sliced into crescents

Prepare Creamette Spaghetti according to package directions. Drain. Combine first 5 ingredients with spaghetti. Stir together last 5 ingredients (reserving 2 Tbs. of dressing) and toss dressing with spaghetti mixture. Garnish top with avocado crescents. Drizzle remaining 2 Tbs. dressing on top of salad. Cover and chill thoroughly before serving. Serves 6 to 8.

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California Avocados
The Sensuous Food™



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½ cup all-purpose flour
½ cup cooking oil
¾ cup chopped onion
½ cup chopped green pepper
½ cup chopped celery
1½ cups chicken broth
1 ham hock
1 8-ounce can tomato sauce
1 7½-ounce can tomatoes, cut up
2 tablespoons snipped parsley
2 tablespoons Worcestershire sauce
1 tablespoon Pickapeppa Sauce (optional)
2 teaspoons dried oregano, crushed
2 bay leaves
1 teaspoon paprika
½ teaspoon garlic powder
Several dashes bottled hot pepper sauce
1 10-ounce package frozen cut okra, thawed
1 pint shucked oysters, drained
1½ teaspoons filé powder
Hot cooked rice

Thaw shrimp and crab meat, if frozen. In a large heavy saucepan combine the flour and oil. Cook over medium-low heat, stirring constantly, for 30 to 40 minutes or till a dark reddish-brown roux is formed. Add the onion, green pepper, and celery; cook and stir for 10 minutes. Stir in broth. Add the ham hock, tomato sauce, *undrained* tomatoes, parsley, the Worcestershire, Pickapeppa Sauce, oregano, bay leaves, paprika, garlic powder, hot pepper sauce, ½ teaspoon *salt,* and ¼ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer 1 hour. Remove ham hock. When ham hock is cool enough to handle, cut off meat. Chop meat and return to saucepan; discard bone. Skim fat from broth. Add the okra; cook, uncovered, 5 minutes. Add shrimp, crab, and oysters. Cook, uncovered, 5 minutes more. Remove from heat. Stir in the filé; let stand 5 minutes. Discard bay leaves. Serve with rice. Serves 8.

SHRIMP RÉMOULADE

3 cups water
1 pound fresh *or* frozen peeled and deveined shrimp
¼ cup vinegar
2 tablespoons prepared Creole-style mustard *or* German-style mustard
2 teaspoons prepared horseradish
1½ teaspoons paprika
2 tablespoons olive *or* salad oil
¼ cup sliced green onions
2 tablespoons snipped parsley
Lettuce leaves

In a saucepan combine the water and 1½ teaspoons *salt.* Bring to boiling. Add shrimp. Simmer 1 to 3 minutes or till shrimp turn pink. Drain; chill.

Meanwhile, in a small mixer bowl combine the vinegar, mustard, horseradish, paprika, ¼ teaspoon *salt,* and ⅛ teaspoon *pepper.* Slowly add oil, beating well with electric mixer. Stir in green onions and parsley. In a medium mixing bowl stir together the cooked shrimp and oil mixture. Cover; refrigerate 4 to 24 hours, stirring occasionally. Using a slotted spoon, spoon mixture atop lettuce on serving platter. Makes 4 appetizer servings.

SOUTHERN CORN BREAD

1½ cups yellow *or* white cornmeal
½ cup all-purpose flour
4 teaspoons baking powder
1¼ cups milk
2 eggs
⅓ cup bacon drippings *or* shortening

Combine the cornmeal, flour, baking powder, and ½ teaspoon *salt.* Beat together the milk and eggs. In a 10-inch ovenproof skillet or corn bread skillet melt the bacon drippings. Pour drippings into egg-milk mixture, leaving about 1 tablespoon drippings in hot skillet. Add egg mixture to dry ingredients; beat just till smooth (do not overbeat). Pour batter into hot skillet; bake in a 425° oven for 18 to 20 minutes or till done. Serve in wedges. Serves 8 or 9.

Corn Sticks: Prepare the Southern Corn Bread batter as directed, melting drippings in a small skillet or saucepan and brushing corn stick pans with the remaining 1 tablespoon melted bacon drippings. Heat the pans in a 425° oven for 5 minutes. Spoon batter into heated corn stick pans, filling ⅔ full. Bake in a 425° oven 12 minutes. Makes about 20.

PO' BOYS

1 pint shucked oysters
2 eggs
1 cup corn flour *or* all-purpose flour
Cooking oil for deep frying
2 7-inch-long loaves French bread, sliced horizontally
2 tablespoons butter *or* margarine, softened
Mayonnaise *or* salad dressing
Bottled hot pepper sauce
Lemon wedges

Drain the oysters; pat dry with paper toweling. In a small bowl beat the eggs. In another bowl combine the flour, ½ teaspoon *salt,* and ¼ teaspoon *pepper.* Dip the oysters in beaten egg; coat with flour mixture. In a saucepan or deep fryer heat about 2 inches of oil to 365°. Fry oysters, a few at a time, in the hot fat for 2 to 3 minutes or till golden. Drain the fried oysters on paper toweling. Keep warm in a 325° oven while frying the remaining oysters.

Meanwhile, spread the cut side of rolls with the butter or margarine. Heat in a 325° oven 5 minutes. Heap the fried oysters on the bottom halves of the roll. Spread cut side of roll top with mayonnaise. Sprinkle the oysters with hot pepper sauce. Serve warm with lemon wedges. Makes 2 servings.

GRILLADES AND GRITS

This flavorful main dish is pronounced gree-ODD and grits—

1½ pounds veal leg round steak *or* beef round steak, cut ¾ inch thick
¼ cup all-purpose flour
2 tablespoons lard *or* shortening
1 16-ounce can tomatoes, cut up
2 medium onions, chopped
½ cup water
½ teaspoon instant chicken bouillon granules
1 clove garlic, minced
⅛ teaspoon ground red pepper
Hot cooked grits

Trim excess fat from meat. Remove bones. Cut meat into 3-inch strips. Using meat mallet, pound meat to ¼-inch thickness. Coat meat with the flour. In a large skillet brown meat, half at a time, on both sides in hot lard. Remove from skillet; set aside. In the skillet stir together the *undrained* tomatoes, onions, water, bouillon, garlic, and red pepper. Return meat to the skillet.

Bring mixture to boiling; reduce heat. Cover and simmer over low heat

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Mmm...deliciously Oriental Sweet 'n Sour Chicken. MINUTE® Rice makes it short 'n sweet, in just twenty minutes — and in one pan complete. You can't do that with slow cooking rice that has to be cooked first.

Enticing Sweet 'n Sour Chicken in twenty minutes. A complete main dish recipe made MINUTE® Rice perfect, every luscious time. Recipe on box.



Sweet 'n Sour Chicken.

1 lb. boneless chicken, cut in cubes
2 tbsp. oil
1 garlic clove, minced*
1 cup green pepper strips
1 cup carrot strips
1¼ cups chicken bouillon
¼ cup soy sauce*
2 tbsp. sherry (optional)
3 tbsp. vinegar
3 tbsp. brown sugar
½ tsp. ginger*
1 can (8 oz.) chunk pineapple in juice
1½ cups MINUTE® Rice

*Or use ½ cup teriyaki sauce.

Brown chicken in oil. Add garlic, green pepper and carrots; saute briefly. Add bouillon, soy sauce, sherry, vinegar, sugar, ginger and pineapple with juice. Bring to a full boil. Stir in rice. Cover, remove from heat and let stand 5 minutes. Stir before serving. Makes 4 servings.

Introducing Sweet 'n Sour Chicken. Short 'n Sweet!



GENERAL FOODS

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about 20 minutes. Uncover; simmer 10 minutes more. Serve meat atop grits with gravy from pan. Makes 6 servings.

RED BEANS AND RICE

Any leftover bean mixture freezes well. To serve, just thaw the bean mixture and reheat in a saucepan, adding more water as necessary. It should be the consistency of thick chili—

- **1 pound dry red beans *or* dry red kidney beans**
- **6 cups cold water**
- **6 cups hot water**
- **1 pound meaty ham bone *or* smoked pork hocks**
- **1 large onion, chopped (1 cup)**
- **2 cloves garlic, minced**
- **1 bay leaf**
- **¼ to ½ teaspoon ground red pepper**
- **1 pound smoked sausage, cut into bite-size pieces**

Hot cooked rice
Sliced green onions

Rinse the beans. In a large Dutch oven cover beans with the 6 cups cold water. Bring to boiling; reduce heat. Simmer 2 minutes. Remove from heat. Cover; let stand 1 hour. (Or, soak beans in water overnight in covered pan.) Drain and rinse the beans.

In the same Dutch oven combine the rinsed beans, 6 cups hot water, the ham bone, onion, garlic, bay leaf, and red pepper. Bring to boiling; reduce heat. Cover and simmer about 2½ hours or till the beans are tender, adding more water, if necessary, and stirring occasionally. Remove ham bone or hocks; cut meat from bone and add to bean mixture. Add sausage. Boil gently, uncovered, 15 to 20 minutes more or till a thick gravy forms, stirring occasionally. Serve over rice. Sprinkle with green onions. Makes 8 servings.

MUFFULETTA

- **½ cup chopped pimiento-stuffed olives**
- **½ cup chopped ripe olives**
- **½ cup chopped celery**
- **½ cup chopped mixed pickled vegetables**
- **⅓ cup olive *or* salad oil**
- **¼ cup snipped parsley**
- **3 tablespoons lemon juice**
- **1 clove garlic, minced**
- **1 teaspoon dried oregano, crushed**

Several dashes freshly ground pepper

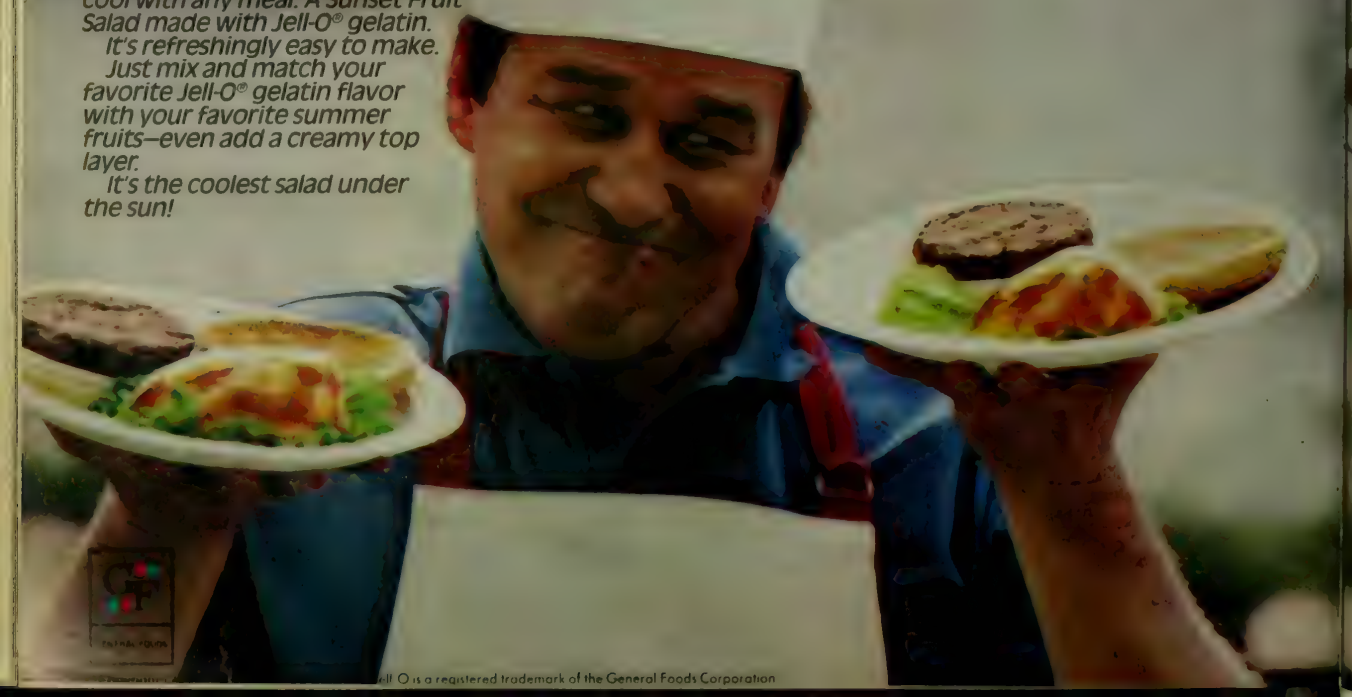
- **1 recipe Muffuletta Loaf (see recipe, opposite) *or* one 1½-pound loaf purchased Italian bread**
- **4 ounces thinly sliced Genoa salami**
- **4 ounces sliced provolone *or* mozzarella cheese**
- **4 ounces sliced cappicola *or* fully cooked ham**

Lettuce leaves (optional)

In a medium mixing bowl combine the pimiento-stuffed olives, ripe olives, celery, pickled vegetables, oil, parsley, lemon juice, garlic, oregano, and pepper. Cover and refrigerate for 8 hours or overnight, tossing once or twice.

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To assemble sandwich, cut the loaf of bread in half horizontally; cut a ½-inch slice from the cut side of one of the bread halves. (Wrap slice and use another time.) Drain olive mixture, reserving the liquid. Brush cut sides of bread with some of the reserved liquid. Layer bottom of loaf with the sliced salami, *half* of the olive mixture, the provolone cheese, the remaining olive mixture, and the cappicola. Top with lettuce. Cover with bread top. Cut into sections to serve. Makes 6 servings.

MUFFULETTA LOAF

2½ to 3 cups all-purpose flour
1 package active dry yeast
¾ teaspoon salt
1 cup warm water (115° to 120°)
1 slightly beaten egg white
1 tablespoon water
Sesame seed

In a large mixer bowl combine *1 cup* of the flour, the yeast, and salt. Add the 1 cup warm water to flour mixture. Beat with an electric mixer on low speed for ½ minute, scraping sides of bowl. Beat 3 minutes on high speed. Using a spoon, stir in as much remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape into a ball; place in a greased bowl, turning once to grease surface. Cover; let rise in a warm place till double (about 1 hour).

Punch dough down; turn out onto a lightly floured surface. Cover; let rest 10 minutes. Shape dough into a ball; place on a greased baking sheet. Using palm of hand, flatten dough slightly to form a 6-inch circle. Combine the egg white and 1 tablespoon water. Brush loaf with egg mixture; sprinkle with sesame seed. Cover and let rise in a warm place till nearly double (30 to 40 minutes). Bake in a 375° oven about 40 minutes or till done. Remove; cool on a wire rack. Makes 1 loaf.

DOBERGE CAKE

Bake two layers at a time if you are limited to two cake pans—

1 recipe Lemon Filling
2¼ cups all-purpose flour
2 teaspoons baking powder
⅛ teaspoon salt
½ cup butter *or* margarine, softened
¼ cup shortening
1½ cups sugar
1 teaspoon vanilla
3 egg yolks
¾ cup milk
3 stiff-beaten egg whites
1 recipe Lemon Icing
Finely shredded lemon peel (optional)
Lemon leaves (optional)

Prepare and cool Lemon Filling. Grease and lightly flour three 8x1½-inch round baking pans; set aside. Stir together flour, baking powder, and salt. In a large mixer bowl beat butter or margarine and shortening for 30 seconds. Add sugar and vanilla; beat till light and fluffy. Add egg yolks, one at a time, beating 1 minute after each addition. Add dry ingredients and milk alternately to beaten mixture, beating till blended. Fold in egg whites. Pour a generous *¾ cup* batter into each prepared pan, spreading evenly over the

continued



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bottom of pan. Bake in a 375° oven for 10 to 12 minutes or till cakes test done. Cool 5 minutes in pans. Remove; cool on wire racks. Wash, grease, and flour pans. Spoon the remaining cake batter into the 3 pans. Bake and cool as directed above.

To assemble, place 1 cake layer on plate. Spread a scant *½ cup* of the Lemon Filling evenly atop. Repeat with four more layers and filling. Top with final layer. Cover and chill thoroughly. Spread Lemon Icing over top and sides of cake. Cover; chill several hours or overnight. Sprinkle top with shredded lemon peel; garnish plate with lemon leaves. Makes 16 servings.

Lemon Filling: In a saucepan combine 1¼ cups *sugar,* 3 tablespoons *cornstarch,* 3 tablespoons *all-purpose flour,* and a dash *salt.* Stir in 1½ cups *cold water;* cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Stir *1 cup* of the hot mixture into 3 beaten *egg yolks.* Return mixture to saucepan. Bring to a gentle boil. Cook and stir 2 minutes more. Remove from heat. Stir in 2 tablespoons *butter* or *margarine* and ½ teaspoon finely shredded *lemon peel.* Gradually stir in ⅓ cup *lemon juice;* mix well. Cover surface with clear plastic wrap. Cool the mixture to room temperature without stirring. Makes 2¼ cups.

Lemon Icing: In a small mixer bowl beat one 3-ounce package *cream cheese,* softened, and 1½ cups sifted *powdered sugar* till fluffy. Beat in 1 teaspoon finely shredded *lemon peel* and ¼ teaspoon *vanilla.* Makes ⅔ cup icing.

BEIGNETS

Beignet is the French word for fritter. This New Orleans favorite is especially good served with French roast coffee with chicory—

2¾ to 3¼ cups all-purpose flour
1 package active dry yeast
½ teaspoon ground nutmeg (optional)
1 cup milk
¼ cup sugar
2 tablespoons shortening
½ teaspoon salt

continued

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continued

New Orleans bound!

1 egg
Shortening *or* cooking oil for deep frying
Powdered sugar

In a large mixer bowl stir together *1½ cups* of the flour, the yeast, and the nutmeg. In a saucepan heat the milk, sugar, shortening, and salt just till warm (115° to 120°) and the shortening is almost melted; stir constantly. Add the heated mixture to the flour mixture. Add the egg. Beat the mixture with an electric mixer on low speed ½ minute, scraping bowl. Beat 3 minutes on high speed. Using a spoon, stir in enough of the remaining flour to make a soft dough. Place the dough in a greased bowl; turn once to grease the surface. Cover and refrigerate the dough till well chilled.

Turn dough out onto a lightly floured surface. Cover; let rest 10 minutes. Roll into an 18x12-inch rectangle; cut into 3x2-inch rectangles. Cover; let rest 30 minutes (dough will not be doubled). Fry 2 or 3 dough rectangles at a time in deep hot fat (375°) about 1 minute, turning once. Drain on paper toweling. Sift powdered sugar atop. Makes 36.

CALAS

Serve these sweet Creole rice fritters with maple syrup—

½ cup long grain rice
1 package active dry yeast
¼ cup warm water (110° to 115°)
3 beaten eggs
1¼ cups all-purpose flour
⅓ cup sugar
½ teaspoon salt
¼ teaspoon ground nutmeg
Cooking oil for deep frying

Cook the rice according to package directions, *except* increase the cooking time to 25 minutes. Drain the liquid. In a large mixing bowl mash the hot cooked rice. Let the rice cool to lukewarm. Dissolve yeast in the warm water; stir the yeast mixture into the rice. Cover and let the mixture stand in a warm place overnight.

At serving time, stir the eggs into the yeast mixture. Combine the flour, sugar, salt, and nutmeg. Stir the dry ingredients into the yeast mixture; mix well. Cover and let rise in a warm place about 30 minutes or till light.

Drop the batter by rounded tablespoons into deep hot fat (365°). Fry, a few at a time, for 2 to 3 minutes or till golden. Drain the fritters on paper toweling. Serve immediately. Makes about 25 fritters.

Correction

On page 99 of our February issue, in a recipe for "Microwave Cooking"—Shortcut Gumbo—we specified that the roux, a mixture of oil and flour, be micro-cooked in a "3-quart nonmetal casserole." We should have specified that a 3-quart glass, microwave-safe container be used, as high heat generated by the roux causes some plastic microwave containers to overheat and crack.

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File under Desserts

Photographs: Scott Little

Strawberry Desserts

Lemon Custard and Strawberry Supreme

Using a flan pan with a removable bottom makes serving this winning recipe easy. If you don't have a flan pan, you can use a 9-inch pie plate—

Pastry for 1-crust 9-inch pie
½ cup granulated sugar
4 teaspoons cornstarch
½ cup water
1 beaten egg yolk
2 tablespoons butter *or* margarine
3 tablespoons lemon juice
3 cups sliced fresh strawberries
2 3-ounce packages cream cheese, softened
¼ cup sifted powdered sugar
⅓ cup flaked coconut
¾ cup whipping cream
¼ cup flaked coconut, toasted

On a floured surface roll pastry to a 12-inch circle. Fit into a 10-inch flan pan with removable bottom, pressing dough against sides. Trim excess dough even with pan. Prick shell. Bake in a 450° oven for 10 to 12 minutes. Cool. In a saucepan combine granulated sugar and cornstarch. Add water, egg yolk, and butter or margarine. Cook and stir till thickened and bubbly; cook 2 minutes more. Remove from heat. Stir in the lemon juice. Turn into baked shell. Set aside to cool. Top with sliced berries. In a small mixer bowl beat together cream cheese and powdered sugar. Fold in ⅓ cup coconut. In another bowl beat whipping cream to soft peaks; fold into cream cheese mixture till combined. Spread atop berries. Sprinkle with the ¼ cup toasted coconut. Chill 4 hours or overnight. Makes 8 to 10 servings.

Margaret L. Smith, Inverness, Ill.



File under Fish & Seafood

Buying information, page 219.

Easy Fish and Seafood

Bacon-Stuffed Flounder Rolls

Cod or sole fillets are good alternatives for the fish in this first-place recipe—

3 slices bacon
Butter *or* margarine, melted
1 6-ounce package San Francisco-style stuffing mix
¼ cup finely chopped onion
2 tablespoons snipped parsley
8 flounder fillets *or* other white fish fillets (about 1¼ pounds)
1 ⅞-ounce package béarnaise sauce mix

Grease eight 2½-inch muffin cups; set aside. Cook bacon till crisp; drain, reserving drippings. Crumble; set aside. Measure drippings; add enough melted butter or margarine to equal ¼ cup. Prepare stuffing mix according to package directions using drippings mixture instead of butter. Stir in bacon, onion, and parsley. Wrap one fish fillet inside each muffin cup, pressing it against sides. Spoon about *⅓ cup* stuffing mixture into center of each roll. Brush with additional melted butter. Bake in 375° oven for 30 minutes. Meanwhile, prepare sauce according to package directions. Serve over fish. Makes 4 servings.

Mrs. Beverly Schaut, Tampa, Fla.





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Corn Bread Fish Bake

The zesty flavor of this baked fish recipe comes from mustard—

- **1 pound fresh *or* frozen fish fillets**
- **1½ cups cornmeal**
- **¾ teaspoon baking soda**
- **¼ cup finely chopped onion**
- **2 tablespoons chopped green chili peppers**
- **1 cup buttermilk**
- **2 eggs**
- **¼ cup shortening, melted**
- **¼ cup butter *or* margarine, melted**
- **2 tablespoons prepared mustard**
- **Paprika**

Thaw fish, if frozen. Cut fillets into 4x1-inch strips; set aside. In a large mixing bowl stir together the cornmeal, soda, and ½ teaspoon *salt*. Add onion and chili peppers. Beat together buttermilk and eggs. Stir into cornmeal mixture along with shortening. Spread batter in greased 12x7½x2-inch baking dish. Place fish in rows atop batter; press into batter. Stir together butter or margarine and mustard. Spread over fish. Sprinkle with paprika. Bake in 450° oven 20 minutes. Serves 4.

A. M. Berry, Oklahoma City, Okla.



Coconut Fish Fillets

Flaked coconut combined with crunchy cereal crumbs gives this recipe a pleasant sweetness—

- **1 pound sole *or* other fish fillets**
- **1 beaten egg**
- **¼ teaspoon salt**
- **⅓ cup cornflake crumbs**
- **⅓ cup flaked coconut**
- **2 tablespoons cooking oil**
- **¼ cup butter *or* margarine**
- **2 tablespoons lemon juice**
- **1 teaspoon sugar**
- **1 tablespoon snipped parsley**

Thaw fish, if frozen. In a bowl combine beaten egg and salt. In another bowl combine the crumbs and the coconut. Pat fillets dry with paper toweling. Dip fillets in egg mixture, then in crumb mixture. In a large skillet heat oil. Add fillets in a single layer. Cook fillets in hot oil 3 minutes on each side. Meanwhile, in a small saucepan combine butter or margarine, lemon juice, and sugar. Heat till butter is melted. Stir in parsley. Serve sauce over fish. Garnish with lemon twists and green onion brushes. Makes 4 servings.

Carol A. Schlotterbeck, Longwood, Fla.



Baked Strawberry Custard

This rendition of home-style egg custard offers a subtle almond flavor—

- **4 eggs**
- **2⅓ cups milk**
- **½ cup sugar**
- **½ teaspoon almond extract**
- **¼ teaspoon salt**
- **2 cups fresh sliced strawberries *or* 2 cups frozen unsweetened strawberries, thawed**
- **Ground cinnamon (optional)**
- **Whipped cream**

In a medium mixing bowl beat eggs; blend in milk, sugar, almond extract, and salt. Stir in *1½ cups* of the strawberries. Place six 6-ounce custard cups in a 13x9x2-inch baking pan on oven rack. Divide custard mixture among the custard cups (cups will be nearly full). Sprinkle with ground cinnamon. Pour boiling water into pan around custard cups to a depth of 1 inch. Bake in a 325° oven for 50 to 60 minutes or till knife inserted near center comes out clean. Serve chilled. Dollop with whipped cream. Garnish with remaining strawberries. Makes 6 servings.

Barbara Woods, Hewitt, N.J.



Strawberry Graham Torte

Overnight chilling of this strawberry treat ensures easy cutting when you serve it—

- **¾ cup sugar**
- **¼ cup cooking oil**
- **3 cups sliced fresh strawberries**
- **1 cup coarsely chopped pecans, toasted**
- **3 egg whites**
- **36 squares graham crackers**
- **1 cup whipped cream**
- **Graham cracker crumbs**

In a large bowl combine *½ cup* of the sugar and the oil. Stir in strawberries and pecans. In a small mixer bowl beat egg whites till soft peaks form (tips curl). Gradually add remaining sugar, beating till stiff peaks form (tips stand straight). Gently fold in strawberry mixture. Cover bottom of an 8x8x2-inch baking dish with 9 graham crackers squares. Spread *one-third* of strawberry mixture over crackers. Top with another layer of crackers. Repeat 2 more times, topping with 9 crackers. Cover; chill overnight. Before serving, spread whipped cream atop and sprinkle with crumbs. Makes 9 servings.

Mrs. R. V. Montello, Portage, Wis.



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Cast: One hungry guy. One T-bone done to a T.

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My Turn To Cook

Curry Chicken Delight



Larry Kovalcin works with spices and sauces as an artist works with oil paints—he mixes and experiments with them to get a variety of results.

Larry first cooked common, mild-flavored foods. As he experimented, he became more adventurous with spices and developed a robust culinary style.

Curry powder is one of the spices that caught Larry's interest. "I'm becoming more familiar with curry powder and its unique taste," he says. "For each recipe I adjust the curry to achieve a different flavor by using less for a sweet taste and more for a spicy punch."

Curry Chicken Delight is just one example of Larry's creativity. The blend of curry, honey, and mustard gives this main dish a sweet and sour flavor.

"This recipe is easy to prepare and can be made ahead if you're entertaining. I simply heat it before serving," says Larry. He accompanies the sauced chicken with cooked long grain and wild rice and a colorful salad.



CURRY CHICKEN DELIGHT

4 whole chicken breasts, skinned, halved lengthwise, and boned
⅓ cup all-purpose flour
4 slices bacon
¼ cup honey
2 tablespoons prepared mustard
½ teaspoon salt
½ teaspoon curry powder
Hot cooked long grain and wild rice *or* hot cooked rice

Rinse chicken; pat dry with paper toweling. Coat chicken pieces with flour. In a skillet cook bacon till crisp. Drain bacon on paper toweling; crumble and set aside. Reserve drippings. Add chicken to skillet; slowly brown chicken on all sides in hot drippings about 10 minutes. Transfer chicken to an 8x8x2-inch baking dish. Bake chicken, uncovered, in a 350° oven for 30 minutes. Combine honey, mustard, salt, and curry powder; drizzle over chicken in baking dish. Bake, uncovered, 15 minutes more. Top with crumbled bacon. Serve with hot cooked rice. Makes 8 servings.

Buying information, page 219.

Photographs: Left, John Curry; right, Mike Dieter

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HERSHEY'S KISSES

begins on page 114

New Orleans bound!

River country

Besides discovering the Civil War past in Vicksburg, you can tour the restored Biedenharn Candy Co., where Coca-Cola was first bottled and confections from local kitchens are sold, and take a river ride aboard the paddlewheeler replica *Spirit of Vicksburg* from the town docks. The Waterways Experiment Station explains all about the Mississippi. Two special events are *Gold in the Hills,* an old-fashioned melodrama that plays on weekends in April, June, and July, and the annual Memorial Day Encampment, a reenactment of the Vicksburg siege at the Vicksburg National Military Park.

About 15 miles north via US-61 and State-465 lies Eagle Lake, a classy new resort development with a fine restaurant and its own cotton gin.

There are venerable churches and a mansion called Oak Square to tour in Port Gibson, about 30 miles south of Vicksburg via US-61. Ten miles northwest of Port Gibson is Grand Gulf Military Monument Park, with camping, picnicking, and a museum to browse.

One of the prettiest stretches of the Natchez Trace Parkway, a frontier trail between Nashville and Natchez, runs from near Lorman (off US-61) to just north of Natchez. On the way or via short detours, you can visit Rosswood, a plantation home; Mt. Locust Inn, a wayside stop for pioneer travelers; Emerald Mound, the perfect observation point for surveying the countryside; and old Jefferson College.

In Natchez, antebellum-home touring is the highlight. Stanton Hall and Longwood are two of the best. Natchez-Under-the-Hill, a river-landing settlement that was a hangout for gamblers, ruffians, and ladies of the evening, is being renovated as shops and restaurants. You can stock up on pecans at the Natchez Pecan Shelling Company, muscadine wines at the Old South Winery, and Mrs. Bailey's hot pepper jelly, boiled up in a cozy mansion kitchen. Natchez turns nostalgically festive with its fall pilgrimage, an antebellum celebration (October 6 through 21).

In Woodville, halfway between Natchez and St. Francisville via US-61, take time to wander the square. Rosemont, Jefferson Davis' boyhood family home, is open for tours just beyond town. Woodville also hosts a fall pilgrimage (October 6 and 7 this year).

St. Francisville has its own little historical district. You'll want to stop by the Hardwood General Store, north of town, and the Audubon State Commemorative Area, where John James Audubon painted.

In nearby Clinton, there's a shady old town square and the Irwin House, a pleasant complex of shops and restaurants in a restored mansion. At several farms near town, you can pick peaches and blueberries in season.

The best attractions in Baton Rouge, Louisiana's bustling river-port capital and petrochemical boomtown, are the Rural Life Museum, a fascinating clutch of 19th-century buildings from the rural south, and the Louisiana Arts and Science Center, downtown along the Mississippi. You can take a river sight-seeing trip aboard the *Samuel Clemens,* then zip to the top of the state capitol for a great view.

Lodgings and restaurants

Hotels and motels cluster in Vicksburg, Natchez, and Baton Rouge. Along most of the route, campgrounds are accessible. Staying at Natchez's Eola Hotel ($50 to $75 double) is a special treat.

But antebellum homes and inns offer the most unusual options ($55 to $125 double, usually $5 to $15 per extra person in the room; some don't accept kids). There are more than a dozen of these bed-and-breakfast facilities in Natchez, others in Vicksburg, the Port Gibson area, around St. Francisville and Clinton, in Baton Rouge, and on the lower river. Some have pools and other recreation amenities.

Restaurants featuring southern fare, usually in casual settings, are abundant along most of this section of the river: in Vicksburg, Walnut Hills (smorgasbord lunch); at Eagle Lake, the Cotton Exchange Restaurant; in Port Gibson, The Old Depot; in Natchez, Cock of the Walk, The Carriage House, The Natchez Landing, and The Post House Restaurant; in St. Francisville, Aunt Pitty Pat's; in Baton Rouge, Cock of the Walk and Mike Anderson's; near Burnside, The Cabin.

Information contacts

- **Vicksburg-Warren County Tourist Commission,** Rick Ammons, Box 110, Vicksburg, MS 39180.
- **Natchez Convention and Tourism Commission,** Carolyn Denton, Box 794, Natchez, MS 39120.
- **Port Gibson-Claiborne County Chamber of Commerce,** Box 491, Port Gibson, MS 39150.
- **Feliciana Area Coordinated Tour Service,** Box 667, Jackson, LA 70748.
- **Baton Rouge Area Convention and Visitors Bureau,** Priscilla Taylor, Box 3202, Baton Rouge, LA 70821.
- **Mississippi Division of Tourism,** Dept. of Economic Development, Ginger Croce, 1301 Walter Sillers Bldg., Box 849, Jackson, MS 39205.
- **Louisiana Office of Tourism,** Faye Russell, Box 44291, Baton Rouge, LA 70804.
- **Delta Queen Steamboat Co.,** Reservations Dept., 511 Main St., Cincinnati, OH 45202 (offers four cruise packages on the Mississippi, departing and returning to New Orleans between May 4 and November 12, two include two-day fair admission).

Acadiana

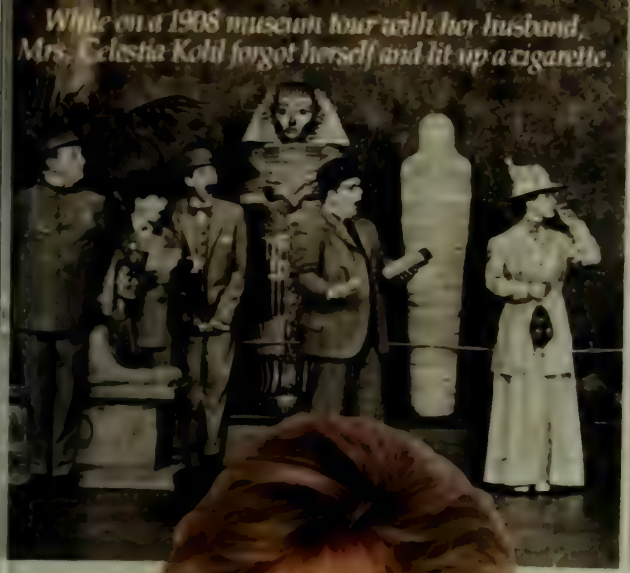
Start your Acadiana trek in Lake Charles, a little inland port city beside a big lake halfway between Houston and New Orleans. Spend a leisurely afternoon at North Beach and tour the city's historical residential section.

From Lake Charles, the Creole Nature Trail (State-27) cuts across Sabine National Wildlife Refuge, where the highway canal is open for bank fishing and crabbing. You can get information and directions to a mile-long nature trail at the refuge office, 28 miles south of the town of Sulphur.

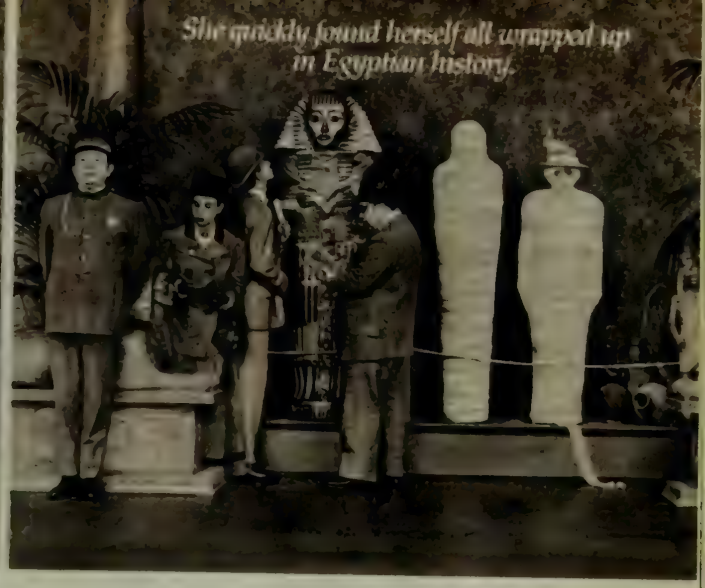
Continue your coastal route on State-82, which bisects the 84,000-acre Rockefeller Wildlife Refuge. It hosts millions of birds each year. You can fish, and sun and search for shells on a few beaches along the way. You'll also see some of the nation's oldest oil fields.

From State-82, follow State-35 north into Abbeville. There, you can make a side trip to Delcambre, home of Louisi-

continued on page 170



While on a 1908 museum tour with her husband, Mrs. Celestia Kolil forgot herself and lit up a cigarette.



She quickly found herself all wrapped up in Egyptian history.

VIRGINIA SLIMS



Fashions: Jenny Sharp



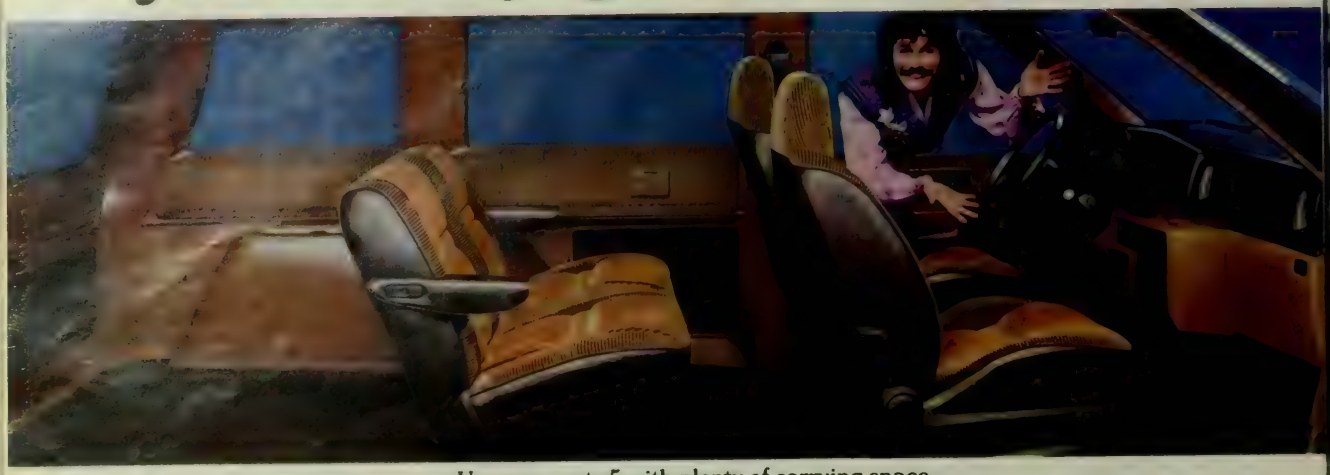
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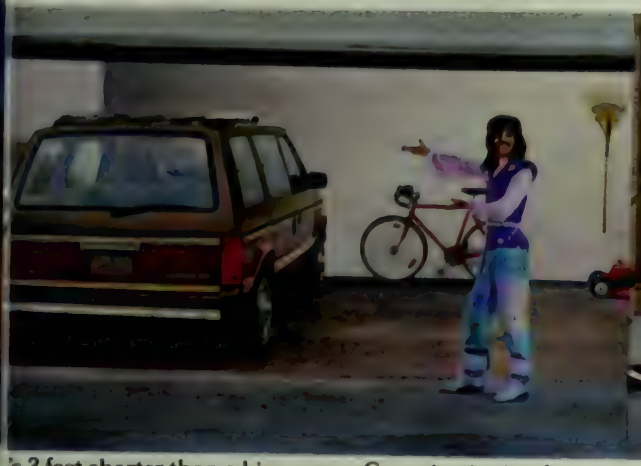
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*Use EPA est. mpg for comparison. Mileage may vary depending on speed, weather and trip length. Actual hwy. and Ca ests. lower. **Whichever comes first. Limited warran Traffic Safety Administration data for '82 and

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continued from page 166

New Orleans bound!

ana's largest shrimping fleet. Nearby along State-14 is Jefferson Island, with 20 acres of gardens to stroll.

Continue on State-89 to Lafayette, where you can leave the navigating to a Cajun captain aboard the *Vermilion Queen* excursion boat, as you glide the lazy bayou. Several different trips are offered. Other attractions in Lafayette include the University Art Center and the Natural History Museum and Planetarium, which features a Cajun music exhibition with Sunday afternoon performances during the fair.

Plan to visit bayou-side New Iberia, about 20 miles south of Lafayette. You can tour beautiful homes like Shadows-on-the-Teche and Mintmere, as well as Konriko, the world's oldest working rice mill, and then shop for local products at the company store. The Trappey company, which processes everything from banana peppers to okra, also welcomes visitors. Eight miles southwest is Avery Island, home of world-famous Tabasco sauce (free plant tours), and the Jungle Gardens bird sanctuary.

A pleasant route north from New Iberia follows State-347 to Henderson. On the way, plan to stop in St. Martinville, an early Acadian landing site best known as the setting for Longfellow's poem *Evangeline.* At Evangeline State Commemorative Area, you can visit an Acadian plantation house, picnic, and browse gardens beneath live oaks planted by squirrels 300 years ago.

In Henderson, the town that crawfish built, main street is a row of restaurants serving those petite lobsterlike creatures, which are raised as a second crop in local rice fields.

Complete your southeasterly loop along State-182 via towns that include Franklin, Jeanerette, and Morgan City, where you pick up US-90 to continue through Houma to New Orleans. From Houma, you can make about a 75-mile swing into the lower bayous on State-56 and -57.

Lodgings and restaurants

Throughout Acadiana, there's a fairly standard variety of hotels and motels, with concentrations in Lake Charles, Lafayette, and Houma. Campgrounds are convenient to most routes.

Outstanding restaurants abound. Among the best (some fancier than others, but most featuring Cajun dishes) are: DuPuy's and Black's oyster houses in Abbeville; Don's, Prejean's, Chez Pastor, and Café Vermilionville in Lafayette; Patout's in New Iberia; Vive la Différence and Monroe's in Broussard; Pat's and Robin's in Henderson; The Yellow Bowl in Jeanerette; La Trouvaille in Houma.

Information contacts

- **Lake Charles/Calcasieu Parish Convention and Tourist Commission,** Shelley Johnson, Box 1912, Lake Charles, LA 70602.
- **Lafayette Convention and Visitors Commission,** Box 52066, Lafayette, LA 70505.
- **Houma-Terrebonne Tourist Commission,** Anne Harmon, S. St. Charles St. at US-90, Box 2792, Houma, LA 70361 (ask about fair shuttles).
- **Louisiana Office of Tourism,** Faye Russell, Box 44291, Baton Rouge, LA 70804.

The Gulf Coast

Begin your coastal adventure in Mobile, where there are guided tours on The Royal Street Trolley or on-your-own exploring along the 37-mile Azalea Trail. The most popular attraction is the *USS Alabama,* permanently anchored in Mobile Bay. The city also has several excellent small free museums, including the Phoenix Fire Museum and the Museum of the City of Mobile. City Hall, once a slave market, and reconstructed Fort Condé rise at the rim of downtown.

Bellingrath Gardens, 65 acres bursting with blooms in every season, lies about midway between Mobile and Dauphin Island. On the island, which you reach via a soaring causeway, there are beaches, boat launches, a bird sanctuary, and picnic areas. You also can explore Fort Gaines. It once commanded the entrance to Mobile Bay. Northwest of the island, the nearby shrimping village of Bayou La Batre hosts a blessing of the shrimp fleet celebration in mid-June.

Though sun, sea, and outdoor activities are the prime assets of the Mississippi Gulf Coast, almost every community has an attraction or two to recommend it. In Pascagoula, a shipbuilding town, you can visit the Old Spanish Fort and learn about the Singing River legend.

The quiet town of Ocean Springs is headquarters for Gulf Islands National Seashore, 400 acres of woodsy coastal marshlands, where you can fish, boat, picnic, and enjoy a variety of interesting nature programs. For a real adventure, catch a boat to Horn Island for primitive camping. Ocean Springs also is a haven for artisans, whose work is for sale around town. Be sure to visit Shearwater Pottery.

Outdoor Adventures supplies equipment and pickup service for canoe and kayak trips on local creeks and rivers. A day trip on Tuxachanie Creek is one of the most popular family outings.

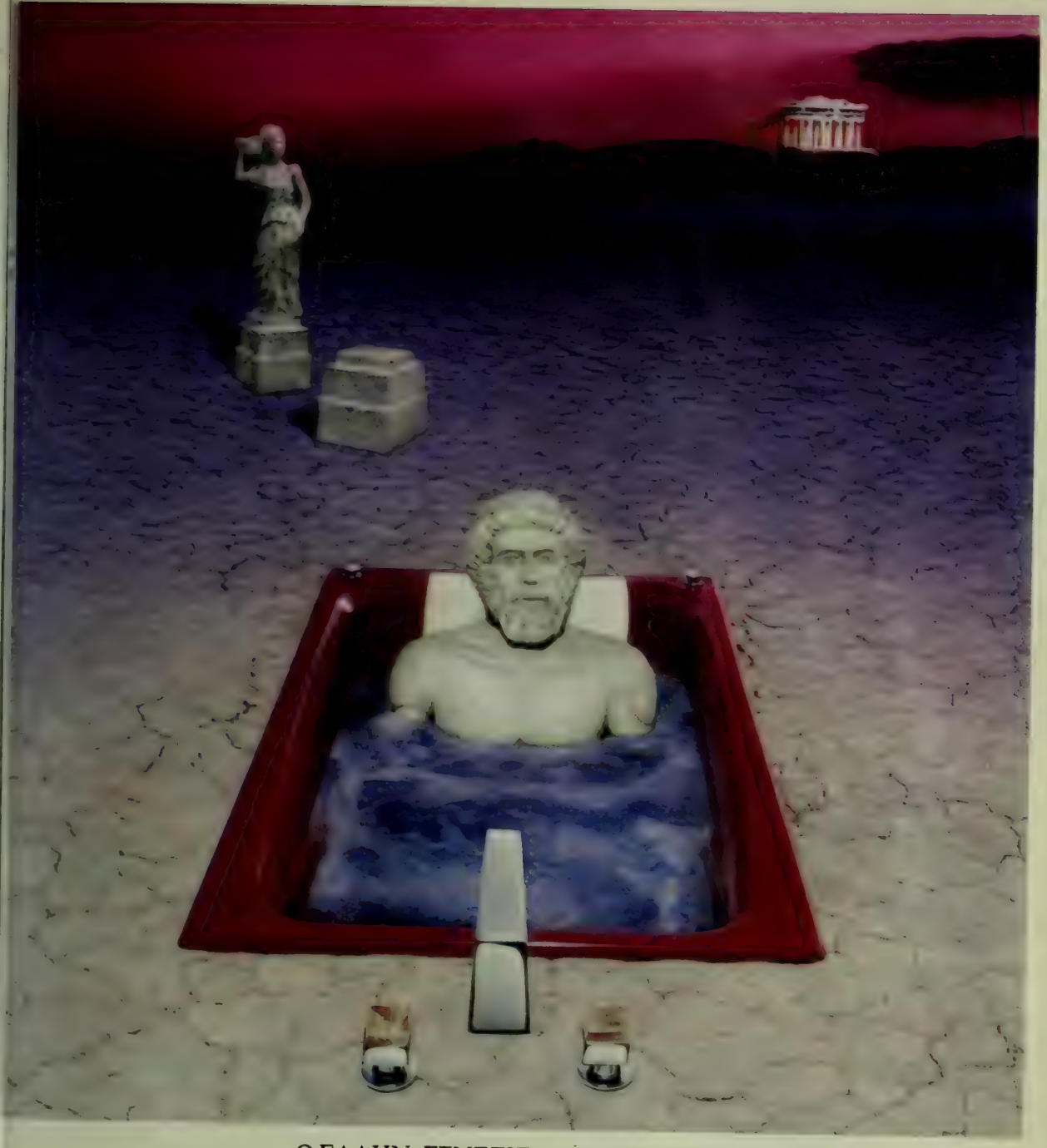
Another especially intriguing adventure is canoeing the tidal marshes and bayous with a marine biologist who knows all the secrets of the marshlands. Sunrise and night paddles are the most fun. Trips are available through Windrow: Marine and Marsh Institute from Lake Graveline near Ocean Springs.

The Biloxi-Gulfport section of the coast has been a popular resort area for many years, with a big motel/hotel strip, considerable honky-tonk, fast-food chains, and facilities for any recreation you fancy. Excursion boats cruise to Ship Island from both communities. Sight-seeing includes several vintage homes like Beauvoir, Jefferson Davis' last retreat, and Gulf Marine State Park and the new Marine Education Center, which houses sea creatures from sharks to salamanders in giant aquariums. The blessing of the shrimp fleet attracts thousands (first weekend in June).

For a peek at piney woods country just north of the coast, follow US-49 about 45 miles to Wiggins and Flint Creek Water Park. Most of this region is part of DeSoto National Forest. At the park, there's boating, fishing, swimming, and hiking, plus Water Town, USA, full of splashy fun.

On the coast, continue through the towns of Waveland and Bay St. Louis. You can tour the giant NASA site where engines that boost space shuttles

continued



Ο ΕΛΛΗΝ. ΓΕΝΕΣΙΣ ΑΝΘΡΩΠΙΣΜΟΥ.*

*The Greek. Cradle of civilization.)

This, fellow citizen, is the newest tate of pleasure. The Greek bath by Kohler.

Here, geometry triumphs. The bath s but 4 feet long (fits in the space of a shower) yet its unique 22" depth assures comfort for any man of stature— even one 6'4." Here, fluid conquers fatigue in an arena of enduring acrylic.

Here, adventure dawns. It's a classic soaking whirlpool whose 4 jets and optional vinyl pillow can send any Homer on an Odyssey.

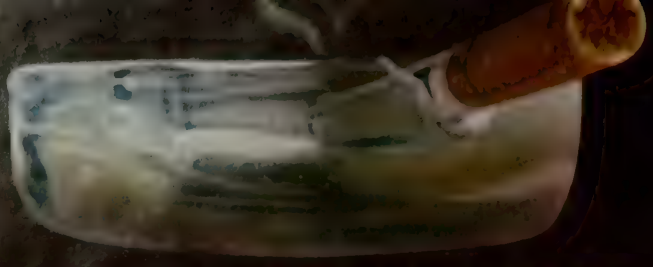
In white, it's priced about $1000. It comes in a variety of colors with a choice of faucets. It's shown in Sequoia with Alterna Onyx faucets.

The Greek. It's the cradle of civilization.

For more information on this and all the Kohler products for kitchen, bath and powder room, visit a Kohler Showroom. (See listing in the Yellow Pages.) For a 48-page color catalog of great ideas send two dollars to Kohler Company, Department AA5, Kohler, Wisconsin 53044.

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Available in Regular and Fluoride.

HELPS BRUSH AWAY THE STAINS AND ODORS FILTERS CAN'T FILTER OUT.

continued

New Orleans bound!

into orbit are tested. Among wind-whistling pines just beyond Waveland lies Buccaneer State Park, with an artificial wave pool for swimming.

Reaching the Louisiana state line, you face some options: continuing directly to New Orleans via US-90 or I-10, or making a loop along the north shore of Lake Pontchartrain, once a popular resort area. Choose the latter and you enter the city either by the Pontchartrain Causeway (US-190), world's longest bridge, or by land on US-51/55.

The loop route can add a trip into Honey Island Swamp, one of the country's largest and wildest wetlands, near Slidell; visits to a couple of pleasant state parks (Fontainebleau near Mandeville and Fairview near Madisonville); a relaxed tubing trip down the rippling Tangipahoa River from several river beaches around the town of Hammond; and a stop in the 200-year-old community of Ponchatoula, where the old train depot has been turned into a colorful country bazaar.

Lodgings and restaurants

Hotels and motels cluster in Mobile, Biloxi-Gulfport, and around Slidell. Few lodgings are right on the beach. There are three resorts on this route: Royal Gulf Hills in Ocean Springs; The Broadwater Beach in Biloxi; and Fairway Villa Resort at Diamondhead, near Bay St. Louis. A bed-and-breakfast network operates in Mobile. You can rent cottages on Dauphin Island and in Waveland. Camping choices include Dauphin Island, Gulf Islands National Seashore, Flint Creek Water Park, and Buccaneer State Park.

Mobile has many good restaurants, and most smaller coast towns claim an excellent casual eatery or two: in Mobile, Bernard's, Constantine's, Pier 4, The Terminal, and Wintzell's Oyster House; in Pascagoula, Marguerite's, Mrs. Farmer's (big boardinghouse-style lunches), and Scranton's; in Ocean Springs, Aunt Jenny's and Jocelyn's; in Biloxi, The French Connection, Rosetti's (po' boys), and Fisherman's Wharf; in Pass Christian, Annie's and The Blue Rose; in Bay St. Louis, The Landmark; in Waveland, Exmouth Lodge.

Information contacts

- **Mobile Area Chamber of Commerce,** Convention and Visitor Dept., Butch Spyridon, 451 Government St., Box 2187, Mobile, AL 36652.
- **Alabama Bureau of Publicity and Information,** Sara Redding, 532 S. Perry St., Montgomery, AL 36104.
- **Mississippi Gulf Coast Convention & Visitors Bureau,** Rick Haygood, Box 4554, Biloxi, MS 39531.
- **St. Tammany Parish Tourist and Convention Commission,** Jim Pasley, 2020 First St., Box 432, Slidell, LA 70459.
- **Tangipahoa Parish Tourist Commission,** Betty Stewart, 1535 Hwy. 51 Bypass, Hammond, LA 70401 (ask about Amtrak service and bus shuttles to the fair).

Through September, Amtrak trains run daily between Mobile and New Orleans, with four stops on the coast en route. Shuttle services also operate from Mobile, most Mississippi coast towns, and the Slidell area.

New Orleans

You'll want to spend much of your time in New Orleans in the French Quarter, with excursions Uptown, to the Garden District, and along the riverfront. You can combine them all into a sight-seeing loop by taking advantage of the *Cotton Blossom* Zoo Cruise, the Uptown Shuttle, and St. Charles Avenue Streetcar.

The stern-wheeler *Cotton Blossom* thrashes through the city's busy port en route to the Audubon Zoo. Plan to spend the day on safari at one of the best zoos of its size in the country.

The Uptown Shuttle bus circles between the zoo and two fine shopping areas, Uptown Square and Riverbend. To reach the Garden District or return to the French Quarter from the zoo, catch a St. Charles Avenue Streetcar and travel a route that hasn't changed in more than 100 years.

The Washington Street stop is a short walk from the center of the Garden District, a prestigious 19th-century suburb where generous yards surround great houses along shady avenues. Canal Street is the closest French-Quarter stop. You can pick up a book about traveling the tracks at The Streetcar Store (111 St. Charles Avenue).

Jackson Square is a good French Quarter starting point. Plan to visit the Cabildo, part of the Louisiana State Museum, where 17th-century France comes to life in *The Sun King: Louis XIV and the New World.* This exhibition from the Louvre and Versailles has never been seen before in the U.S.

Guided tours run around the city (check with your hotel or the visitors center on Royal Street). A host of boats cruises the river, including the steamboat *Natchez,* the big riverboat *President,* and the *Creole Queen,* fanciest paddle-wheeler of all.

Lodgings and restaurants

New Orleans' lodgings range from new high-rise hotels to bed-and-breakfast homes, small privately owned hotels and guesthouses, and chain motels. At major downtown hotels, like the new Sheraton New Orleans and Inter-Continental, doubles start at about $120, kids' rates vary. In the quarter, doubles usually start at about $70 to $90 at small hotels and guesthouses like Place d' Armes (from $70, $10 per extra person) and La Mothe House (from $85, $15 for kids). Prices at most chain motels in the quarter are similar.

Motels in nearby Slidell, Gretna, and Algiers run about 30 percent less than in the city. The closest camping is concentrated east of the city near the I-10 and US-90 junction.

Dining out in New Orleans is a favorite activity of visitors and locals alike. Prices vary greatly. You'll pay hefty checks for fancy fare and atmosphere at prestigious establishments like Galatoire's, Arnaud's, and Antoine's. Tabs run considerably less for gumbo, fresh oysters, and such at casual little eateries. Good reasonably priced restaurants that are convenient to the French Quarter include The Gumbo Shop, Café Maspero, Buster Holmes, and the Acme Oyster House.

No visit is complete without people-watching over café au lait and warm *beignets* at Café DuMonde. La Marquise is an irresistible pastry shop. Commander's Palace is known for its Sunday jazz brunch.

In a couple of hours at The New Orleans School of Cooking in the French

continued

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New Orleans bound!

Quarter, you can learn to create a little New Orleans magic in your kitchen. You prepare and sample dishes, then take the recipes home. Special ingredients are sold at French market shops and at the Central and Progress groceries in the French Quarter.

Information contact

● **Greater New Orleans Tourist & Convention Commission,** Beverly Gianna, 334 Royal St., New Orleans, LA 70130.

The World's Fair

Opening of the Louisiana World Exposition May 12 adds a new dimension to visiting New Orleans. This six-month-long international event has worked wonders on an 84-acre site of old riverfront warehouses downtown, just a mile from Jackson Square.

Innovative exhibitions

Dominating the fair site, which is divided into six neighborhoods, are four structures: the U.S. Pavilion, International Pavilion, 15-acre Great Hall, and a 5,500-seat amphitheater. In world's-fair fashion, international exhibitors will be on hand. At press time, the Vatican and 21 countries had signed up, including the ten member nations of the European Economic Community, Mexico, China, Israel, Egypt, and Japan.

The fair's river setting enhances its theme, *The World of Rivers—Fresh Water as a Source of Life.* The Great Hall houses the elaborate Louisiana Pavilion, which you travel through by boat. There's also an Aquacade Theater featuring water ballet and diving shows.

NASA sponsors the aviation and aerospace pavilion, where the space-shuttle orbiter *Enterprise* is displayed. Other surprises are in store in the petroleum industries pavilion and transportation exhibit halls.

A favorite attraction of young and old alike is sure to be the Wonderwall, a whimsical half-mile of intricate architectural shapes and forms housing art, games, entertainment, and various concessions. At some spots along its course, the wall rises three stories tall.

Entertainment plus

But entertainment may well be what sets this world's fair apart from other fairs. There are innovative carnival rides. Two elaborate parades tour the grounds daily, and sparkling fireworks cascade through the night sky. Mobile stages feature a variety of acts.

Every kind of music—from jazz to gospel and contemporary—resounds from the Jazz and Gospel Tent. The Louisiana Folk Festival is an ongoing celebration of the good life in the bayou state, with food, music, and shows.

Occupying the amphitheater stage day and night are international entertainers and groups, from Bob Hope and George Burns to the Tokyo Ballet, London Philharmonic, and rock stars. Check to see what's scheduled when.

Two highlights, an International Jazz Festival featuring "the greats," and a grand ship parade (OPSHIP '84), are slated for Memorial Day weekend. The World Festival of Theater for Young Audiences, with companies from five continents, performs in June.

Logistics and such

Motor coach tours will head for the fair from most sizable cities. Amtrak and some airlines also offer packages. A travel agent can help you choose.

Fair hours have been set to avoid the traffic rush (10 a.m. to 10 p.m. daily for pavilions, till 2 a.m. for some entertainment attractions). There's a 62-acre parking lot adjacent to the fair and satellite parking across the river, which you cross via a new gondola ride, ferry boats, or bus shuttle. One way to get around on the grounds, and to get a quick overview, is aboard the free monorail. It covers the site in about 15 minutes, with three stops.

You can order tickets in advance: Ticket Sales, 1984 World's Fair, Box 1984, New Orleans, LA 70158-1984 ($1 handling fee) or phone 504/525-FAIR. Daily admission runs $15, $14 for ages 4 through 11 and 55 and up, 3 and under free. Consecutive two-day tickets cost $28 and $26. Admission to the Vatican Art Exhibit (about $5) and major amphitheater events cost extra. For details, write General Information, Louisiana World Exposition, Box 1984, New Orleans, LA 70158-1984.

Coleman's recipe for patio popularity.

Main ingredient: the versatile Cookin' Machine.™



The Coleman® Cookin' Machine™ is the most versatile going. Tonight, smoke turkey. Tomorrow, steam clams. Next day, smoke salmon. Or roast, bake or grill "close to the coals." And relax. It's the closest thing to carefree cooking.

(Gas model shown. Also available in charcoal.)



Keep refreshments close at hand with Coleman® coolers. They come in all shapes and sizes including the Coleman Super Oscar® cooler, a cold-holding compact cooler; husky chest-type models for big parties; and our versatile Roundabout® coolers.

One Cookin' Machine lets you cook five ways!



1. **Moist-smoke:** add wood chunks; fill pan with water or marinade. Every cut of meat becomes a feast.

2. **Dry smoke:** add wood chunks but don't use water. Traditional for fish, game, jerky.

3. **Steam:** fill the pan with water, add spices or flavorings to taste, for delicious seafood, vegetables.



4. **Roast or Bake:** without smoke or steam. Beef, pork, lamb, all the fixin's...even breads.



5. **Grill:** "close to the coals" for steaks, hamburgers, hot dogs. It's also a portable picnic grill!

Look for new outdoor clothing from Coleman, too. And an option of rebates on selected Coleman products, or donations to the National Park Service Outdoor Safety Fund. For our free catalog, write to Coleman, 250 N. St. Francis, Wichita, KS 67201.

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A message from those who don't to those who do.

We're uncomfortable.

To us, the smoke from your cigarettes can be anything from a minor nuisance to a real annoyance.

We're frustrated.

Even though we've chosen not to smoke, we're exposed to second-hand smoke anyway.

We feel a little powerless.

Because you can invade our privacy without even trying. Often without noticing.

And sometimes when we speak up and let you know how we feel, you react as though *we* were the bad guys.

We're not fanatics. We're not out to deprive you of something you enjoy. We don't want to be your enemies.

We just wish you'd be more considerate and responsible about how, when, and where you smoke.

We know you've got rights and feelings. We just want you to respect our rights and feelings, as well.

A message from those who do to those who don't.

We're on the spot.

Smoking is something we consider to be a very personal choice, yet it's become a very public issue.

We're confused.

Smoking is something that gives us enjoyment, but it gives you offense.

We feel singled out.

We're doing something perfectly legal, yet we're often segregated, discriminated against, even legislated against.

Total strangers feel free to abuse us verbally in public without warning.

We're not criminals. We don't mean to bother or offend you. And we don't like confrontations with you.

We're just doing something we enjoy, and trying to understand your concerns.

We know you've got rights and feelings. We just want you to respect our rights and feelings, as well.

Brought to you in the interest of common courtesy by

R.J. Reynolds Tobacco Company

David Haupert

Sizing Up Solar Hot Water Systems

Those solar collectors dotting the landscape in your area are hard at work helping families reduce their bills from—and dependence on—the local utility company. Some of the collectors use the sun's free rays to warm living spaces or produce electricity, but most are busy heating household water.

Many homes may have only one or two collectors, while others may be equipped with six or more, depending on the climate and the amount of hot water consumed. The types of solar hot water systems vary considerably, and it will pay you to take the time to investigate the alternatives.

PASSIVE SYSTEMS

The simplest systems that produce hot water are called "passive heaters." They're described as passive, rather than active, because they have no pumps, controllers, or other moving parts.

Thermosiphoning. One popular unit in the Sun Belt is this model *(top)*. Its collectors and tank can replace a standard water heater in climates where winters are mild. As the sketch *(top right)* indicates, water in the tank circulates through the collectors (located below the tank) by convective flow. Heated water in the collector rises naturally, pulling cooler water into the collector from the lower portion of the tank. Hot water is drawn off the top for direct use or goes to a second tank if the solar system serves as a preheater. The



average installed price is $4,000.

Batch. Another basic unit is the passive batch heater *(below)*. Batch systems are usually used as preheaters, though they often can



provide 100 percent of demand in summer months. The unit pictured has no collectors attached to it; instead, the entire package—double glazing over two 30-gallon tanks, backed by insulation—is one giant collector of sorts.

The drawing *(above right)* shows how cold water enters the bottom of the first tank, is heated as it passes through both tanks, exits through the top of the second, and either feeds into your existing heater or is used directly.

The complete unit costs about $1,500 and supplies half the hot water needed in a typical household.



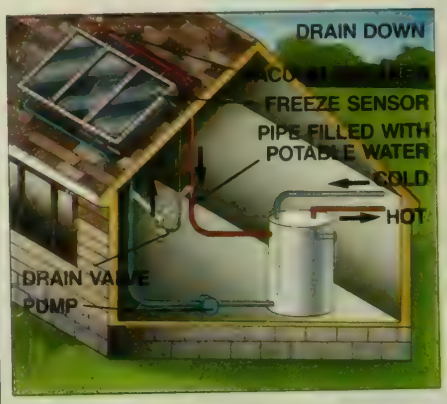


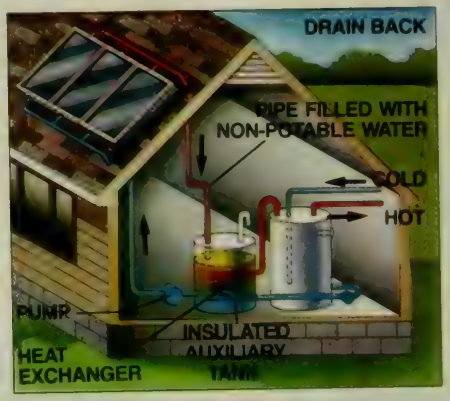
In northern states, passive systems are generally not used year round, unless they are integrally located in a solar greenhouse or skylight area that will not freeze.

continued

Photograph: Top, Sandra Williams
Field editor: Sharon Haven
Photograph: Bottom, D. Randolph Foulds
Illustrations: Jim Buckels

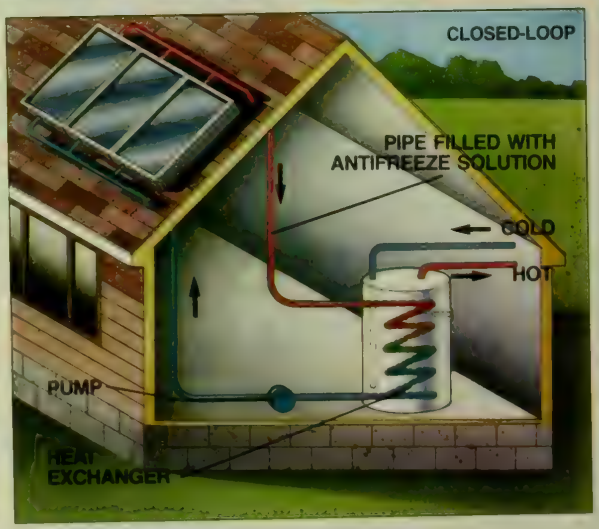
Solar Hot Water











ACTIVE SYSTEMS

Active systems, both open-loop and closed-loop, are a bit more complicated than the passive variety. They range in size from two-panel units supplying hot water for a family of three (price tag: about $3,000 installed) to six-panel systems for larger families, costing upwards of $7,000. To prevent the freeze-up problem that exists in all but the mildest climates, open-loop systems have equipment that drains the water from the system when there's danger of freezing. This lets air into the pipes and collectors—hence the designation "open." Closed-loop systems don't need to be drained; they're filled with an antifreeze solution.

Open loop. Drain-type systems use two basic draining methods: *draindown* and *drainback.*

In **draindown** units, the system, normally filled by water pressure from your water heater, is drained by a solenoid valve. As the collector temperature drops to a specified low point, the valve opens and dumps the water from the collector and piping into a drain. The top photo and top left drawing illustrate a typical draindown system feeding a standard heater.

A **drainback** system differs in that the hot water that flows through the collectors is not the same hot water you use. Instead, a separate loop flows from the collectors to a storage tank *(top right drawing)* where a heat exchanger captures the heat for your household water. Freeze protection is quite basic: When there's no more useful heat in the collectors, the pump that normally forces the water upward simply stops, allowing the collectors to drain back into the storage tank. Again, as with most systems, a conventional tank provides backup heat.

Closed loop. The closed-loop system is the most popular choice where freezing temperatures are common. That's mainly because the fluid in the system won't freeze. Most manufacturers use a 50/50 mixture of water and propylene glycol antifreeze, which can withstand temperatures as frigid as minus 30 degrees F.

Because the antifreeze is undrinkable, it's contained in a closed loop that isolates it, as in drainback units, from the household water *(drawing above).* The liquid is heated by the sun (see collectors, *above left),* then pumped through a heat exchanger. The exchanger often is inside an insulated storage tank, as shown, although it can be mounted separately instead. (If so, a second pump circulates the storage-tank water through the isolated exchanger to extract heat from the transfer fluid.) The illustration shows a one-tank system, but a few systems use two. In those cases one tank contains the heat exchanger, has no backup heating function, and serves only as a preheater for the second tank—the existing heater.

For more information on all types of solar hot water installations, check the Yellow Pages under "Solar Energy Equipment and Systems."

Buying information, page 219.

Photograph, Top, Stephen Fridge
Field editor: Barbara Cathcart
Photograph: Bottom, Hopkins Associates
Field editor: Pat Carpenter

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SOIL AND STAIN RESISTANCE All Wear-Dated carpet is made from special fibers offering protection against stains so that liquid spills can be easily removed with less chance for leaving a stain. And Wear-Dated carpet fibers are designed to more readily release dirt particles so that vacuuming is more effective. So your Wear-Dated carpet keeps its original beauty far longer.

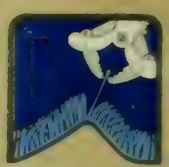
PILE RESILIENCE Wear-Dated carpet must also meet our high standards for pile resilience. Carpet tends to mat down in areas where household traffic is heaviest, so it appears worn compared to adjoining carpet. But all Wear-Dated carpet is constructed of 100% Ultron® nylon to resist crushing and matting. So it keeps a more uniform appearance and therefore always looks its best.





STATIC CONTROL Static shock can be annoying, especially in cold, dry weather. That's why Wear-Dated carpet is made with a patented conductive element (like a miniature carbon lightning rod) that helps prevent the build-up of static electricity. And they're permanent over the life of the carpet.

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Earning the Wear-Dated label isn't easy. But then neither is buying carpet. Just knowing that someone still cares enough to thoroughly test their product in advance can help take the guesswork out of buying carpet for you.



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It's everything you need to know about carpet. Make the right choice with confidence!

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WEAR-DATED® carpet is warranted by Monsanto for five full year's normal wear from date of original installation; carpet installed on stairs or put to non-residential use excluded. For repair or replacement of identical or equivalent carpet, forward your sales slip to Monsanto. WEAR-DATED and ULTRON are registered trademarks of the Monsanto Company. Monsanto makes fiber for carpet.

EMOTIONAL PROBLEMS

Could Counseling Help You Cope?

Chances are good the answer is yes, if you find the right help. But the choices can be nerve-racking in themselves: There are dozens of approaches to psychotherapy and more than 100,000 mental health professionals.

How do you know if you need counseling? Sometimes it's absolutely clear to you and those around you that you're experiencing a serious crisis or mental illness. In most instances, though, the need is less apparent.

You may suffer dramatic mood shifts, constant fatigue, a drastic change in eating habits, persistent guilt feelings, and/or insomnia. There may be a recurring, irrational sense of panic, or the persistent, overwhelming feeling of doom. Constant physical ailments such as headaches, rashes, or backaches may have psychological causes. Or the problem may lie in marriage and family relationships, or in excessive drinking or drug abuse.

Where to turn

Start with your family doctor, if you have one. He or she can rule out any physical cause and refer you to a mental health professional. An alternative is to call your local Mental Health Association for advice (you don't have to give your name).

You also can contact the department of psychiatry or psychology at a nearby hospital, medical school, or university. Other resources include community mental health centers and social service agencies. Some employers offer their own confidential services.

Your minister or rabbi may have training in mental health counseling; many also are familiar with the mental health services in their communities. Some cities have pastoral counseling centers staffed by clergy.

Friends and relatives who have benefited from counseling in the past can be a good source of referrals. Remember, though, that what worked for one person won't necessarily work for you.

Which type of therapy?

Many therapists today combine several techniques and modify their style to fit individual needs. A good rapport with the therapist is essential; if you aren't able to relax and communicate openly with the therapist, keep shopping. The best known and accepted mental health therapies are these:

- *Psychoanalysis* probes the patient's past for clues to current problems. Classical psychoanalysis requires three to five sessions a week for two to six years—a formidable commitment.
- *Individual psychotherapy* can take several years or just a matter of weeks. It employs some psychoanalysis, but is less intense and focuses more on current problems. Often the preferred approach today is *short-term psychotherapy.* Here the therapist actively helps the patient develop solutions to the problem as quickly as possible.
- *Group therapy* usually involves five to 12 patients who interact under the guidance of a trained group leader (it's essential that the leader be experienced and qualified). Group therapy is less costly and can be just as effective as individual therapy.
- *Marriage and family therapy* uses a variety of approaches with troubled couples and families. The aim is to bring lasting solutions through better understanding and cooperation.
- *Drug therapy,* in conjunction with "talking" therapy, is a vital tool in treating many disorders like depression. But medications must be prescribed judiciously and used intelligently (see "Mood Drugs," *BH&G,* May, 1983).

What's in a title?

The key to successful therapy is in your relationship with the therapist, not in the diplomas on the wall. Still, it helps to know the distinctions:

- *Psychiatrists* are medical doctors who have an additional three years of training in treating psychological disorders. As physicians, they usually are the only mental health professionals who can prescribe medications.
- *Psychoanalysts* usually are psychiatrists or psychologists with advanced training in psychoanalysis.
- *Clinical psychologists* vary in their formal schooling and on-the-job training. However, most have a doctoral degree in psychology and have spent at least a year in supervised psychotherapeutic practice.
- *Clinical or psychiatric social workers* usually hold at least a master's degree in social work and a minimum of two years of full-time supervised practical experience in psychiatric work.
- *Psychiatric and mental health nurses* are registered nurses with a master's degree in mental health nursing. Their roles vary from team practice with other mental health professionals to operating in their own private practices. Many work with the chronically ill.
- *Marriage and family therapists* come from any of the above-mentioned disciplines and have at least two years of special training in problems of couples and families.

The price you pay for peace of mind

Find out the cost per session before you begin any counseling. After the first session or two, ask how long and how often the treatment will continue. Check, too, to see if you have insurance coverage: This may influence your choice of where to seek help.

The cost of psychotherapy varies according to where you live, the type of therapy you need, and the type of professional involved. Psychiatrists and psychoanalysts charge between $50 and $100 per 50-minute session, psychologists between $40 and $100. Clinical or psychiatric social workers and nurses average from $35 to $75 for independent counseling.

—With Susan Gertman

True Value HARDWARE STORES®

Spring AND SUMMER Values

Just say "Charge It" at participating True Value Hardware Stores or Home Centers.



LAWN CHIEF 21" 3.5-HP REAR-BAG MOWER "vacuums" as you mow, collects 3 cu. ft. of grass in easy-on/off bag. Maneuvers easily, trims on 2 sides; 5 blade stabilizer for a smooth-looking cut, 8" roller-bearing rear wheels, lever-action height adjusters, electronic ignition. With zone start. 5741 **199.88**

SUNBEAM GRILL MASTER, 361 sq. in. dual burner gas grill has Lite-A-Matic ignitor, redwood side shelves, storage shelf, warming rack, porcelain grids, more. 30,000 BTU. 5741 **169.99**

LIMITED WARRANTY TO CONSUMER ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE



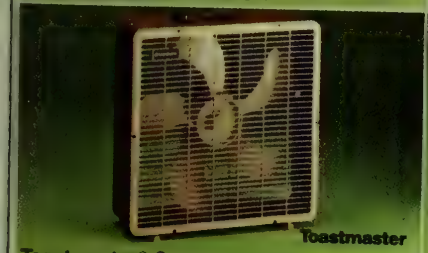
Meinor® Water Saver AquaGun® has 3-way turret for fine mist to powerful jet spray. Solid cone spray covers evenly, efficiently. Comfortable hand-fitting grip. 440C **2.99**



Taylor® Patio Thermometer is a big 1-ft. square with easy-to-read F° and C° scales. Ideal for outdoor or indoor use. Has rustproof case, hangs on wall or post mount. 5371 **4.99**



True Value® 32-gal. Trash Can Cart handles it all. Heavy-strength, all weather-proof plastic with built-in wheels and handle. Tight-fitting dome cover. 7328GN **14.88**



Toastmaster® 3-speed 20" Fan offers decorator styling plus lifetime lubricated bearings and epoxy-protected motor. With sturdy steel cabinet. 204035 **22.99**



Tru-Test® Select Latex Paint, vinyl-acrylic flat interior finish. High-hiding, washable, easy soap and water cleanup. Choose ceiling or wall finish, white or pastels. Gal. **8.98**



True Value® Alkaline Batteries, power-up now and save. Your choice of 9V, 4-pack "AA", 2-pack "C" or "D" cells. TV1604B/1500B4/1400B2/1300B2. Each pack, **1.49**

TEAR OUT AND SAVE THIS 8-PAGE SHOPPER.



Mirro® 10-Pc. Vaporsealers™ Cookware Set of even-heating aluminum with SilverStone® inside, porcelain exterior. Compact storage. 1590-32 **59.98**



Revere® 7-Pc. Stainless Steel Cookware Set with copper bottoms for uniform heating. 3687 **64.99** Matching 2⅓-quart capacity whistling teakettle. 2701 . . . . . **10.98**



Rubbermaid® Spin-A-Bin™ rotating condiment waiter. 2354 . . **7.77** Store 'n Carry™ baskets. Rugged, open design. 2996AL/Y/C-95 . . **2.99** Wastebasket. 2864AL/C/Y/G. . **4.77**



G.E.® Spacemaker™ Can Opener fits under cabinet, out of way. Open cans, bottles, plastic bags. Cutting assembly is dishwasher safe. EC60 **23.99**

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There are more than 6,000 True Value Stores in 50 states. Look





Corning® Dinnerware and Cooking Conveniences. Contemporary patterns go with any decor. Famous Corning durability resists breaking and chipping. Oven, microwave & dishwasher safe.
A Corelle® 20-Pc. Dinner Set for 4. Your choice of delicate patterns to set a table in any mood. 20-25/26/27/95 Special, only **24.99**
B Pyrex® Homestead™ 4-Pc. Custom Mixing Bowl Set. 440-100 . **11.88**
C Pyrex® Homestead™ 3-Pc. Custom Casserole Set. 480-100 . . **12.88**
D Pyrex® Homestead™ 3-Pc. Custom Mixing Bowl Set. 300-100. . **8.88**
E 3-Pc. Menuette® Set. Spice pattern. P100-8 . . . . . **19.88**
3-Pc. Menuette® Set. Cornflower pattern. (not shown) P100 . . . . **16.88**

Sunbeam® Quartz Battery Clocks. Reliable and value priced.
F Hartford Wall Clock. 12" square in Almond. 881-1288 . . . . . **9.99**
G On Time Alarm. Easy-to-read dial, raised crystal. 883-11 . . . . . **7.99**

Spartus® Electric Alarm Clocks, battery reserve, snooze button.
H 9/10" LED, indicates low battery, alarm ON. 1020-61 . . . . . **14.99**
I Electronic Sonic with 6/10" LED display. 1108-C1 . . . . . **7.99**

J **Westclox® Alarm Clocks.** Choose "Tourino" with textured case and luminous dial for travel. Or the electric "Bold II" with lighted numeral dial, sweep second hand. 44500/22190. **4.99**







Sharp® Ovens feature Carousel convenience; they rotate cooking food so you don't have to.
K Carousel® Convection/Microwave with individual timers, automatic switch over, variable settings. Stainless steel inside. 1.5-cu. ft. R8310 **499.95**
L Carousel® Microwave with separate defrost, simmer and full power. Rotates food for even cooking. R4624 **279.95**

G.E.® Microwave Ovens give you the advantage in the kitchen. Designed for easy use.
M Spacemaker™ easy-mount oven has automatic cooking control, 2-level shelf, extra-wide 16" cavity. Fits under cabinet to free up needed counter space. JVM64 **579.95**
N **Hotpoint®** Micro-Touch full-size counter model radiates energy from top and bottom for even cooking. RE963 **299.95**

O **Martens® "La Table"** has 18x24" Butcher Block top for chopping & slicing, knife holder, 2 shelves. Ideal as microwave or TV stand. Casters make it mobile. 1020C **79.99**

P **Foremost® Microwave Cart** with tambour door. Oak finish blends with any decor, storage space for accessories. Has casters. 24¾x19¼x30½"H. 611 0 **42.99**



Hanson® 10-lb. Gourmet Kitchen Scale has protective lens over dial. Oval tray fits on platform, marked in both kilos and pounds. 4400 **9.98**



True Value® ½-hp Disposer is easy to install to grind food scraps. Has continuous feed, galvanized steel shredder and grind ring. TV103 **54.99**



Counselor® Bath Scale. Steel housing adds strength, stability. Easy-to-read dial, wipe-clean vinyl mat. Accurate up to 260 lbs. 96C **8.98**



Pro Systems® 1250-Watt Hair Dryer has 2 speeds, 4 heat settings, concentrator attachment, and hang-up loop. UL listed. SN-205 **9.99**

the values

under "Hardware" in the Yellow Pages. Prices expire May 26.

We've got what it takes

True Value are proud to bring you the 1984 Olympic Games on ABC-TV





A **Imperial International® Solid Steel Flatware** for style, quality & durability. Four 6-pc. place settings plus serving spoon. In Flower Dance. 25FD . . . . **9.99** Heavyweight Ondine pattern. 250N. . . . **14.99**

B **Royal China® 20-Pc. Dinner Set.** Durable ironstone with bands of brown or blue. 4 ea: dinner, salad plate, soup/cereal bowl, cup, saucer. Oven, dishwasher safe. N20BL/BR **14.99**

C **Pfaltzgraff® 20-Pc. Dinnerware Set.** Charming, high-fired stoneware is as practical & economical as it is attractive. All pieces are oven, microwave and dishwasher safe. 06-035 **36.99**

D **Ekco® Stainless Steel Utensils** for help with your cooking. Your choice, basting spoon, hamburger turner, large 2-tine fork, draining spoon. 19080/170/210/370. Each, only **2.99**

E **Anchor Ovenware® Oven Basics.™** For cooking and serving, use in conventional or microwave oven. Your choice, 2-qt. 8x11" Baking Dish or 1¼-qt. Casserole. H1031E/7E. Ea. **3.99**

F **Nordic Ware® Microwave Sizzling Skillet** features even heat distribution, pouring lip, non-stick surface. 64634 . . . . . **21.99**

G **Sunbeam®** electronic 60-minute quartz timer. 8173-1 . . . . . **8.99**



Serving Accessories, attractive designs are charming additions to modern kitchen decor.

H 12" White-Marble Lazy Susan revolves to serve condiments, cheeses, etc. 2-28 . . . **9.99**

I Marble Rolling Pin, wood cradle. 2-40 . **6.99**

J Paper Towel Holder and Recipe Box with index. Both solid oak. SW3950/40. Each . . **6.99**

K Marble cheese board with cutter. 2-38 . **5.99**

L Oak wood grocery lister. SW4230 . . . . . **2.99**



M **Harvard Cutlery® 7-Pc. Set.** Stain-free hi-carbon steel blades with solid walnut handles. Includes 5 most often used knives, sharpener, slant block. 707 **89.99**

N **West Bend® 12" Electric Skillet** with nonstick, easy-to-clean SilverStone.® Sensa-Temp® sets & maintains 150°-425°. Immersible, dishwasher safe. 1440 **32.99**



O **Dazey® Stainless Steel Perk-Up™** has external brew level gauge, no-spill lid and automatic keep-warm cycle. Brews up to 12 cups of good coffee. 80-74 **29.99**

P **Nesco® 12-Qt. "Natural Oven" Roaster.** Self-basting, with Circle-of-Heat™ for even cooking. Cookwell removes for easy cleaning. 4112-07 **79.99**



First Alert® Escape Lite Smoke Detector protects life and property, sounds 85-decibel alarm and lights at first sign of smoke. Incl. batts. SA125 **16.99**



First Alert® Ready-Lite. Charges in wall bracket for 2½-hr. continuous use. Beam width, angle and intensity adjust. Built-in recharger. RL100H **23.99**



G.E.® Smoke Alarm blasts an 85-decibel warning at the first sign of smoke so you can get to safety. 30-day low battery signal. UL listed. SMK6 **9.99**



Nautilus® Power Attic Ventilator cools home, saves energy by removing heated attic air up to 1,325 sq. ft. Easy to install on roof. N340D **49.99**

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VISA

Get set

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Emerson® Ceiling Fans with reversible motor help circulate warm air in the winter and cool air in the summer to maximize energy efficiency all year-round. Installs as easily as a light to a junction box. White or brown.
A Fan with handsome 48" stencil blades, 3 speeds. CF731/W **59.95**
B 52" wood blades, brass w/white or brown. 4 speeds. CF4152/W **149.95**



C **Patton® Fans** deliver high performance at a value price. Save energy by using fans in place of, or in conjunction with, air conditioners. Whisper-quiet operation, no installation costs, ideal for apartments, homes or offices. Your choice, 20" 2-speed reversible window fan with metal blades. Or the versatile 18" window and floor fan with 3 speeds, thermostat and light. W2081/WF1879T. Each **79.99**



D **Galaxy® 12" Oscillator Fan** features 3-speed push-button control and permanently lubricated motor for maximum air, moves 90°. Almond and brown. 2150C **24.99**

E **Galaxy® Hassock Fan** is the truest of air circulators. Quietly and efficiently displaces air 360°. 3-speed, durable, versatile. 12½" x 16" diam. 2152 **39.99**



L **Weber® 22½" Deluxe Portable Gas Grill** with push-button ignitor, fuel gauge, 20 lb. LP tank, tool holder, 2 drip pans and vinyl cover. 211105 **199.99**

M **Telescope® Folding Furniture,** good-looking comfort. Easy-care vinyl straps, aluminum frame, hardwood arms. Chair. 948 . **22.99** (not shown) Rocker 946 . **34.99** Chaise 949 . **44.99**

N **Director's Chair** lets you sit in comfort indoors or out. Heavy wooden arms and legs. Rugged canvas seat and back. Folds to carry or store. EY3323000 **19.99**

O **Folding Lawn Glider** made of quality hard maple finished in beautiful oak veneer. 4 ft. long, a comfortable addition to lawn, patio or porch. 0341M **99.88**

P **Happy Cooker® Charcoal Grill** features porcelain-coated steel kettle, internal ash catcher. Steel legs, grate, more. 22" diam. HCE2211 **44.88** 18½". HCE1811 (not shown) . **38.88**

Q **Charmglow® For Cookouts.** Double-burner 315-sq.-in. LP gas grill has Charm-lite rotary ignitor, more. 30,000-BTU 14622X. **149.95** Rotisserie, cover & cookbook. 160500. . . **49.95**



Quaker® Shelving of heavy-gauge steel, braced for stability, assemble easily. Each 12x30x58". 4-shelf storage unit 69A3 . . . **9.99** 7-shelf canning unit 59A977 . **19.99**



Singer® Button Magic Button Sewing Appliance replaces buttons in less than two minutes. Ideal for home, office, travelers, all fabrics. B100A **24.99**



Cosco® Car Seats are adjustable for safe, comfortable children. Car seat/carrier. 582AFN . . . **26.99** Saf-T-Seat w/harness. 78ACH . **49.99** Travel hi/lo seat. 183AFN . . . **19.99**



Casio® Hand-Held Calculator/Printer has 10-digit display, 4-key memory, full decimal system, % key. Takes plain paper roll. HR7 **19.99**

for summer

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G.E.® Air Conditioners Cool You Down.
F Carry Cool® has 4,000 BTUs, 5.1 EER with 2-speed fan, 10-position thermostat, built-in handle. It's lightweight and easy to install. AT604FP **199.95**
G 7600 BTU 7.5 EER with 3 cooling & fan-only speeds, 10-position thermostat, energy-saver switch, new ultra low setting, air exchange vent. AQ708AS **349.95**



H Hunter 52" Ceiling Fan with chestnut brown motor and reversible pecan finish blades circulates air, saves energy with style. Easy to install. 23820 **169.95**

I Edison® 23-Qt. Deluxe Dehumidifier. Features include automatic humidistat, overflow switch and non-spill water container. UL listed. EDS231D **199.95**



J Hoover® Convertible Upright. Deep Cleaning action beats as it sweeps as it cleans® 4 carpet settings, full-time edge cleaning, 9-qt. bag, 5 tools. U4331-9 **99.99**

K Hoover® Two-Motor Cleaner has lighted power nozzle, 3.4-hp motor, quadraflex agitation, edge cleaning plus! 4-pc. tool set included. S3233 **199.95**



R Emerson® Electric Bug Killers take the bugs out of yard, patios and picnic areas without messy sprays. ½-acre model. EBK15 . **39.99** 1½-acre model with photo cell. EBK80 . . **99.99**

S Tru-Tuff® Trash Bags. Bag a bargain on extra-strength plastic bags. 15-pack of 33-gal. or 7-bu., or 20-pack of 30-gal. size. 6TLH15L/6LLH15L/6TB20L Your choice **3.29**



T Samsonite® Folding Furniture 34" table has enameled-steel frame, camel vinyl top and sliding leg locks. 8807 . . . . . **24.88** Matching padded chairs, 3507 Each **16.88**

U Comfortline® Step 'n Ladder Stool is constructed of sturdy tubular steel for extra strength and durability. Holds 800 lbs. Safety-tread steps. 45¼" high. 4551A **29.99**



V Eureka® Mighty Mite™ Vacuum is light and compact, delivers 2-hp for big-vacuum action. 8-pc. tool set includes edge and corner cleaning nozzle. 3120 **89.95**

W Regina® Powerteam puts big cleaning power in light, easy-handling Electrikbroom.® 2 motors for heavy-duty suction. Ideal for floor, carpet, stairs. H86710 **69.99**



Wagner® Pro-Duty 14-Pc. Power Painter. Quality airless electric sprayer covers big jobs quickly and evenly. Accessories included. 300 **129.99**



Wagner® Power Roller™ Accessory, complete with power canister, roller arm, 9x3/8" nap roller cover, 18" hose, roller and tray. 155001 **84.88**



Tru-Test® Orel® Brushes of DuPont® polyester filament outlast hog bristles 3 times. Work well in all paints, not affected by heat or solvents. Check our low prices.



Weldwood® Woodlife™ clear, water-repellent preservative and paint primer protects wood from moisture, decay, insects and rot. Gal. 903 **6.66**

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Werner® Saf-T-Master™ aluminum stepladders have safe-tred shoes, wide steps for sure footing, pail shelf with rag rail and handy tool holder.
16' Extension Ladder
D1116-2X **54.88**
5' step. 365 . . . **34.88**
6' step. 366 . . . **37.88**



EZ Paintr® Painting Tools give professional, high-quality results easily.
A 9" Slip-Off Roller Frame has adjustable tension cylinder, easy-to-clean. Handle threaded for use with extension pole. 500-090-95 . . . . . **1.77**
B 9" Roller Cover works smoothly with all paints. 409-FP0-09 . . . . . **1.77**
C Paint 'n Pad spreads paint fast, gives ultra-smooth finish. Threaded for extension pole use. 604-6x4-09. . **2.88**



D **Elmer's® Carpenter's Wood Filler** hardens to a natural look. Sand, drill, stain or varnish it like wood. Latex formula, non-toxic. 8 fl. oz. 832 **1.22**

E **Elmer's® Carpenter's Wood Glue.** Professional formula dries quickly, grabs fast, reduces clamping time. Water-resistant, paintable, sandable. 8-oz. E701 **1.33**



F **3M® Scotchgard® Fabric Protector** for upholstery, clothing, canvas & outdoor gear. Makes them repel water, shed dirt easily, last longer. 16-oz. spray. FC4101 **3.99**

G **3M® Safety Walk Protector** provides sure footing on steps. Simply peel off backing, 1" tape sticks to the surface permanently, securely. 7731. Per foot. **29¢**



Tuck® Masking Tape. Stock up now on 60-yard rolls for dozens of home, hobby and craft needs.
2" wide. 1224 . . . . . **1.44**
3/4" wide. 1221 . . . . . **49¢**



Daubert® Easy Mask, combination dropcloth and masking tape. Comes off clean on any surface.
2"x180'. 706061 . . . . . **1.88**
3 3/4"x75'. 683161 . . . . . **1.44**



Easy Caulker® Acrylic Foam. One can outlasts 4 regular cartridges. Self-leveling, needs no messy tooling or gun. 12-oz. aerosol can. 201 **2.99**



Red Devil® Spackling Compound comes ready-to-use for filling and patching. Dries smooth, won't shrink, crack or dry out.
Qt. 0534 . . . **1.66** 1/2-pt. 0532 . . . **77¢**



Thompson's® Water Seal transparent waterproofer for wood, masonry, fabric, leather, anything porous. Lets surfaces breathe. Gal. 101-01 **8.88**



Deft® Wood Finish seals and finishes in one step. Dries in 30 minutes to a clear semi-gloss finish. Protects furniture. Qt. . . **4.44** 13-oz. aerosol spray **2.66**



Minwax® Wood Finish brings out natural wood beauty. Penetrates, seals and finishes with one simple application. ½-pt. . . . **3.29** Pt. . . . . **4.99** Quart **6.99**



Sunnyside® Penta Water Repellent protects wood from outdoor moisture, weathering, and insect damage. Ideal as a primer. Gal. **5.66**

for spring

under "Hardware" in the Yellow Pages. Prices expire May 26.

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Formby's® Wood Care Kits have everything you need to restore and preserve fine woods. Now refinish varnished, lacquered, or shellacked furniture without stripping! It's easy.
H Complete Refinishing and Care Kit: 64-oz. refinisher, 8-oz. tung oil, 8-oz. lemon oil, 9 pads. 0029 . . . . . **15.55**
I Introductory Kit includes 1-qt. refinisher, 8-oz. tung oil, 3 steel wool pads. 0032. **8.88** less $1.50 mfr's rebate.



J **Savogran® Strypeeze®** Fast-cutting semi-paste penetrates deep to lift off layers of old paint or varnish. Clings to surfaces until you wipe it away. Qt. **2.66**

K **Dap® Glazing Compound** for primed wood or metal sash, unprimed aluminum sash. Long-lasting. Stays flexible to maintain air-tight, watertight seals. Qt. **2.66**



L **Tru-Test® X-O Rust®** stops rust on old metal, prevents it on new. Seals out moisture. Adds colorful long-lasting beauty to metals. Pt. . . . . **3.98** Qt. . . . . **4.98** 16-oz. spray . . . **2.78**

M **Woodsman® Polyurethane Varnish** preserves wood's beauty, protects against spills, weather and wear. Interior or exterior. Gloss, satin, flat finish. Qt. **4.98**



Duro™ Fix 'n Fill Adhesives with Quick 'n Easy™ applicator. Non-toluene formula. Household cement bonds wood, metal, glass. Liquid Solder seals, repairs metal. Plastic Aluminum Filler. QHC/QSO/QPA-1. Ea. **99¢**



Bondex® Quick Plug Hydraulic Cement. Fast-setting to stop active, running leaks. Seals cracks and holes in basements, pools. 3-lb. can. 14084. **2.44**



New York Bronze® Tough as Tile Genuine Epoxy Enamel, the perfect durable, tile-like finish for tubs, sinks, Formica,® porcelain. Qt. 733 . . . . **8.99** Pt. 760 . . . . **4.99**



W.R. Grace® Polycel One® Foam Sealant stops drafts, seals cracks against air and moisture. Aerosol applicator for easy, no-mess use. 12-oz. PC5SHRW **3.66**



G.E. Silicone II® Sealants 50-year durability, flexibility. Use indoors or out on doors, window, concrete. No mix, no mess. GE5000/10/20 **3.99**



Teknor-Apex® 50' Hose is tire-cord reinforced to stand 300-lb. pressure. Has Thum-Thing quick connector and solid-brass couplings. ⅝" I.D. 8508 **8.99**



Miracle-Gro® Plant Foods. Your choice of all-purpose fertilizers, for roses or tomatoes, or Miracid® for acid-loving plants. Each 8-oz. only **1.49**



Ortho® Spray Malathion 50 controls a wide range of pests on fruit trees, vegetables & ornamentals. 1 pint makes 64 gallons of spray. Pt. 01641 **5.49**



Jobe's® Spikes feed trees a full season as they slowly dissolve in soil moisture. Regular, fruit tree or evergreen formula, 12-pack. 1500/1/2 **5.99**

True Value HARDWARE STORES®

Lawn Values

Special prices good through May 26 only. Just say "charge it."

VISA MasterCard

True Value® Garden Cart has 5½-cu. ft. capacity, rust-proof tray, heavy-duty plated steel frame, big 16" wheels. 6500TV **54.99**

True Temper® Tools. 22" spring-steel rake. SL22 . **8.99** Hollow-back shovel has long handle, rolled shoulders and round cutting edge. HELR **14.99**



Lawn Chief® 5-hp Tiller. Briggs engine powers efficient chain-drive transmission, forward and reverse power. 16 rugged 14" tines till 26" wide. Quick-release spring adjusts 10" steel wheels. Adjustable drag bar adds stability. Console handle adjusts to user height. 5CA **369.99**



Perfection® Sprayer resists corrosion. 3-gal. polyethylene tank, polyolefin pump, brass extension. 61182 **32.99**

Gates® Flexogen® Hose offers lifetime guarantee. Hi-burst strength, 2 polyester layers, brass fittings. 50' 10-58050 **18.88**

Nelson® Rain Train® traveling sprinkler follows hose layout, covers 16,000 sq. ft. Hi, lo & neutral. 1860 . . **49.99** Automatic shut-off. N204 **9.99**

Melnor® Time-A-Matic® impulse sprinkler has automatic shutoff, adjusts to cover all or part of 88' circle. 114 **11.44**



Black & Decker® Electric Shrub Trimmer has double-edge 16" blades, wraparound grip for comfortable control at any angle. 8124 **38.99**



Paramount® Blower has 1-hp. motor to move leaves and clippings from walks, shrubs and drive. Lightweight, easy to use. PB150 **54.77**



Disston® Cordless Grass Shears recharge overnight. Hardened steel Power Cut™ blades non-stick coated to stay sharp. EGS1A **24.99**



Weed Eater® Trimmer/Edger has double-insulated electric motor, Tap-N-Go™ head. Cuts 14" wide path, weighs only 5¾ lbs. 807 **38.99**

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8-PAGE TEAR-OUT

Nothing cuts corners like the new Wagner Mask-It.™

Door frames. Baseboards. Floors. Window frames. The new Mask-It™ tape applicator covers them all. All in less time. and with less trouble than you'd have using a roll of tape alone.

With Mask-It, you can quickly lay down a one inch strip of single or double faced masking tape exactly where you want it. Then trim it clean in a second, with just the push of a button.



And because Mask-It takes only one hand to use, you can hold onto a ladder with the other, mask newspaper into place. Or, if you're really talented, use your free hand to roll out the paint.

The new Mask-It tape applicator. The right tool for painting.™

Available wherever quality paints are sold.



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DECORATING

Dramatizing A Dining Alcove



An awkward niche can become a sleek dining spot with banquette seating and a built-in table. Here that combination sets a streamlined scheme that is practical for everyday meals, yet elegant enough for dinner parties.

Instead of misfitting the odd-sized alcove with a conventional table and chairs, the homeowners opted for a customized treatment. The built-in table and banquette repeat the unique shape of the five-sided niche, so every possible inch is put to work.

The table's clever split design provides easy access in and out. A center leaf also can be added to the table, joining the two sections and increasing the seating capacity to ten.

Sharp lines and bold color give the dining spot eye-catching crispness. A veneer of red plastic laminate, for instance, defines the table as the focal point. The table's bright color and geometric lines are repeated by the striped seat cushions. A balance of white, provided by the window blinds and the banquette base, keeps the strong color from overpowering the setting.

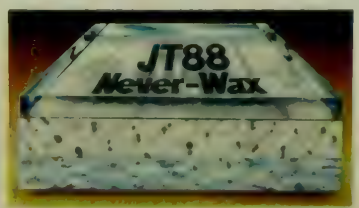
Photograph: de Gennaro Studios. Design: Kay Hines Geiserman, ASID. Field editor: Sharon Haven





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Painted with a leading brand, 9/18/80



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CarolAnn Shindelar

Old Houses With New Trombe Walls

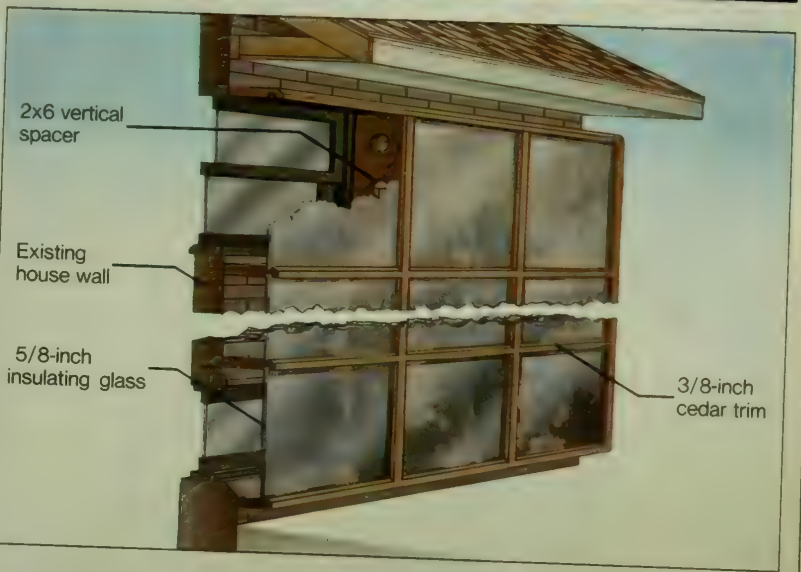
See How They Work

A century after it was invented, the Trombe wall is finally coming into its own. This passive solar heating device, developed in the 1880s, carries the name of the French physicist Felix Trombe, who revived the idea in the early 1960s. Trombe (pronounced "trahm") walls are so simple, it's a wonder that they took so long to catch on.

In essence, a Trombe wall is just a wall built of thick masonry (up to 16 inches) and covered with a layer or two of glazing. Between the glazing and the wall is a three- to six-inch air space. Together, these components form a complete solar heating system: glazing to admit the sun, air space to hold the heat, and masonry to store and distribute the warmth.

Trombe walls have been used in new solar homes for years, and are now popular retrofit devices for existing homes as well. If your home is masonry and has an unobstructed south wall, glassing the south side and turning it into a Trombe is a simple, economical way to solar-heat your home.





A Brick Bungalow Redone to Use the Sun

Probably none of the work crew building this house in the '30s ever imagined that the brick walls would do anything more than support the roof. The south wall does a lot more than that now—since it was turned into a Trombe, it's helped cut winter heat bills by $100 a month.

Almost a 20-foot length of the wall became the Trombe; the brick was painted black and covered with ⅝-inch insulating glass, leaving a four-inch air pocket between the brick and glass. The glazing is supported by a 2x6 framework (see illustration) dadoed for the glass inserts. When the air space between the glass and brick heats up, existing double-hung windows opening into the kitchen are raised to transfer the warmth indoors.

continued

Photograph: de Gennaro Studios. Design: Elizabeth McAndrew. Field editor: Barbara Cathcart


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continued

Trombe Wall Retrofits

Energy Retrofit for an Old Victorian

One big advantage of a Trombe wall is that it can be unobtrusive, even on an older house like this 70-year-old Victorian *(right)*. The brick walls of the structure are nine inches thick, perfect for a Trombe wall retrofit. The entire 36-foot length of the south wall was turned into a Trombe for an expenditure of about $5,000. After the 40 percent federal energy tax credit was deducted, the actual cost of the Trombe wall was about $3,000. For that investment, the owners have realized a 40 percent savings annually on their heating bill.

To convert the brick wall, the owners first painted it dark brown, then covered it with a layer of ½-inch-thick insulating glass panels. The panels are mounted on a series of 2x6s attached to the brick wall with lag screws and masonry anchors (see illustration).



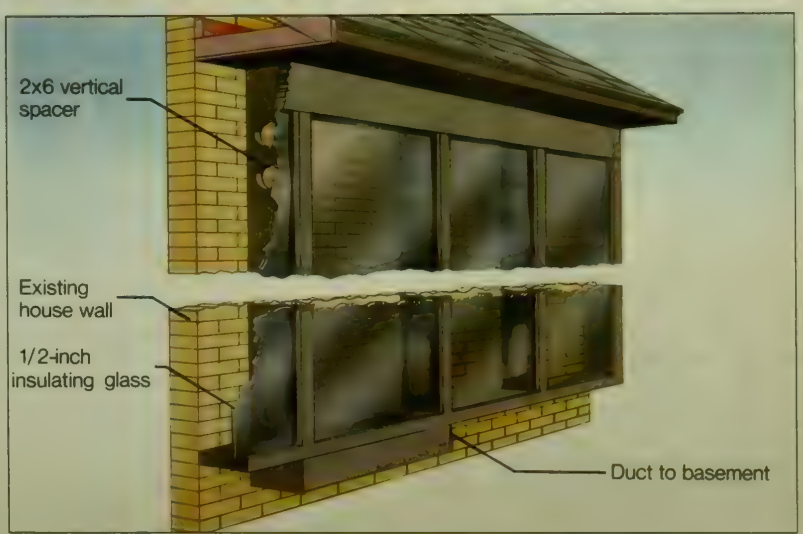


Transferring the heat

The 2x6 framework allowed an air space of 5½ inches between the brick and the glass. During the day, sun-warmed air in the space passes from panel to panel via 2½-inch-diameter holes cut in the spacers, and is drawn into the house through a system of ducts and a low-wattage fan. Another fan pulls cool air from the rooms on the north side of the house and feeds it back into the Trombe wall through ducts in the basement ceiling.

Some of the warmth collected during the day is retained by the masonry wall as well. The heat slowly migrates through the wall (via a heat transfer process known as *conduction*) at the rate of about an inch an hour. When the warmth reaches the inside surface of the wall, it radiates into the living space. This process continues well into the night, stretching the usefulness of the Trombe wall long past sundown.

continued



Photographs: de Gennaro Studios. Design: John Whitaker
Field editor: Barbara Cathcart

continued

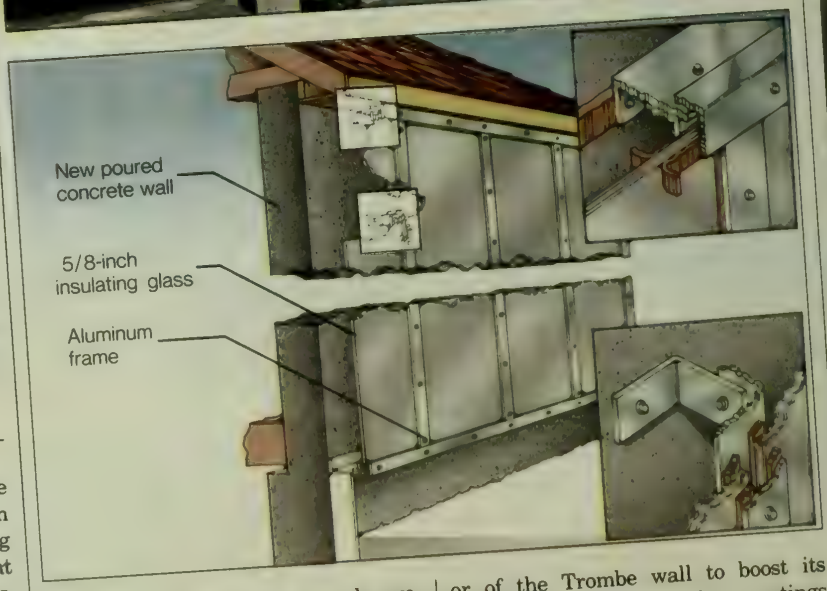
Trombe Wall Retrofits

New Life for a New England Two-Story

It's easy to tell that something new has been added to this 1846 double-decked post-and-beam; the poured concrete Trombe wall is a dead giveaway. The project was constructed with a grant from the National Center for Appropriate Technology to demonstrate solar retrofitting techniques for typical New England-style homes. Although adding a new concrete wall would be difficult for many of us, this home was being gutted and remodeled anyway, so including the Trombe wall in the project wasn't much trouble.

The 24x16-foot Trombe wall soars two stories high, heating the four rooms behind it with ease. An aluminum framework attached to the wall holds two horizontal rows of insulating glass panels to collect the sun's heat. Although the roof looks like it's supported by the Trombe wall, the post-and-beam house is self-supporting. The masonry wall is tied to the house with special slip joints. On the inside, the Trombe wall looks like any other wall; it's finished with a coat of plaster and covered with ordinary paint.





Saving the heat for nighttime use

Vents and windows to bring the warmth indoors aren't necessary in this Trombe wall. Instead of developing a convective air loop to transfer heat indoors during the day (like the two systems discussed earlier in this story), this retrofit relies only on conduction and radiation to transfer heat to the living space. The advantage of this type of Trombe wall, called a *stagnating* wall, is that it saves almost all of the heat it collects for use at night.

The air temperature inside the Trombe wall rises much higher because none of the heat is "lost" to the house during the day. Solar warmth soaks deep into the wall and slowly travels through it, reaching the interior of the house by late afternoon or early evening. The wall continues to radiate warmth through the night, and is recharged by the rising sun the following morning. Stagnating Trombe walls usually are found in new solar homes, but you can force a retrofit Trombe wall to stagnate simply by keeping any existing windows closed during the day.

Boosting efficiency

Experts often recommend that a *selective surface* be used to coat the exterior of the Trombe wall to boost its efficiency. Selective surface coatings absorb the sun's energy, and radiate little of it back through the glazing. The coatings are available in two types: one is painted on, and the other is simply a self-adhesive wallpaper. By adding a selective surface to your Trombe wall, you can improve its efficiency by as much as 25 percent.

continued

Photograph: D. Randolph Foulds. Solar system design: Daniel Desmond, Tom Wellar, Dick Howe



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Trombe Wall Retrofits

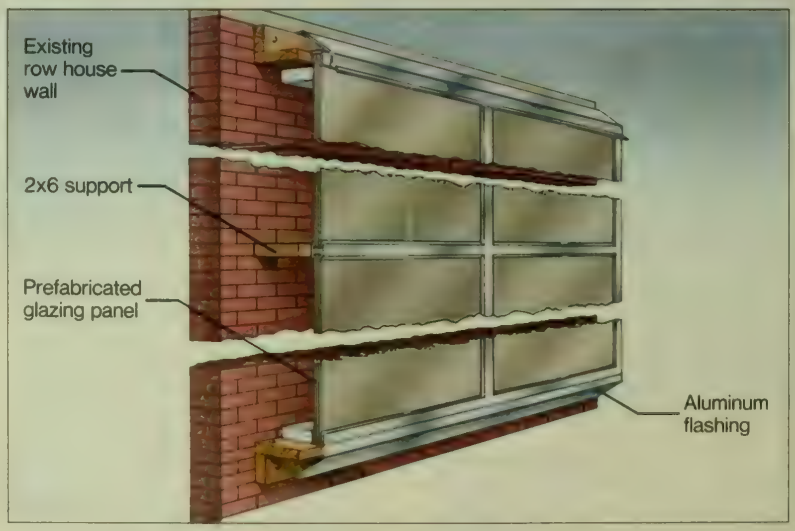




A Better-Than-Before Brick Row House

Converting this multifamily row house to use the sun was so effective (and inexpensive) that since 1982 it already has almost paid for itself. The key to the success of the retrofit is twofold: a Trombe wall on one side, and a sunspace on the other *(top right)*.

Turning the three-story south face into a Trombe wall was easy. First, the brick was painted black, and then an insulated panel system using fiberglass-reinforced polymer (FRP) was attached to a 2x4 treated-fir framework mounted to the brick wall (see illustration). FRP is an inexpensive type of glazing commonly used for retrofits.



How the wall works

When the windows are closed, forcing the system to function as a stagnating Trombe wall, the temperature of the exterior brick rises to about 140 degrees F. The warmth slowly moves through the wall during the day, taking about 10 hours to reach the interior. Then the heat begins to radiate into the living space at an even 75 to 85 degrees F. The study *(above)* benefits both from the slow infusion of warmth in the evening and from the softly diffused light created by the FRP glazing during the day. Peak warmth is reached in the living space at about 10 p.m., although the wall continues to radiate heat long after that.

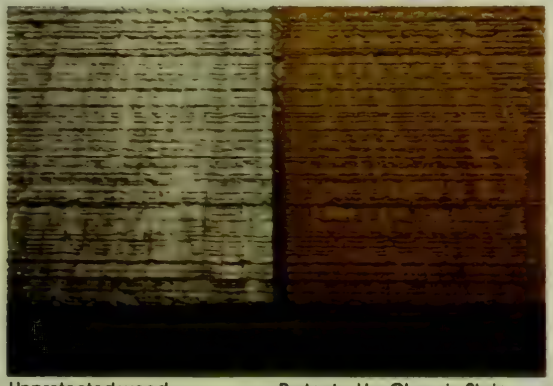
Sunspaces help heat the row house

The triple-decked sunspaces next to the Trombe wall are converted porches. They were simply framed with 2x6s (after some structural shoring up), and enclosed with insulated glass panels. Heat is cycled from them to the living space with the help of a small fan. Together, the sunspaces and Trombe wall save about 1,000 gallons of fuel oil a year. At that rate, the retrofit, which cost only $8,000 (before federal and state tax credits), will pay for itself by 1985. Tax credits lowered the actual cost of the project to under $5,000.

Photographs: D. Randolph Foulds. Design: Ronald K. Thornton. Field editor: Estelle Guralnick



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LONG DISTANCE PHONE SERVICE
Which Should You Buy?



With the celebrated breaking up of AT&T, all sorts of communications companies are scrambling for your long distance business. Should you stick with the service you've been using (for most people, that's AT&T), or switch to a competitor, such as Sprint, MCI, or one of the many other regional and national systems currently vying for your business? The answer depends on several factors, including where you live and how you use your telephone.

First, you should be aware that both local and long distance telephone services are still undergoing major transitions. Since January 1, you've been dealing with two separate companies for your local and long distance calls, whether you knew it or not. Furthermore, at the time we went to press, key decisions were still making their way through Congress, the courts, and regulatory agencies at both national and state levels. Ultimately, pricing and services for all the phone companies could be affected.

Long distance really has become just another competitive service industry. Like airlines, fast food chains, or supermarkets, long distance companies will be vying to attract and hold your business through pricing, convenience, and quality of service. It's up to you to determine which will best serve your needs.

Despite the unresolved regulatory questions, you can start examining the long distance options open to you right now. It's simple to "sign up" for a different service—a phone call is usually all it takes—and just as simple to "sign off" if you're dissatisfied or you find something better. The only delay would come if you did not have the right kind of phone for the service (see below), but you can find that out when you call.

The key question: How do you use long distance?

What constitutes a long distance call for you may have changed in January, when the country was sectioned into more than 160 LATAs—local access and transport areas. Calls within one area are served by your local company, those between two areas by a long distance carrier. Study your phone bills to determine the distinction.

Pick out the three to five numbers that you call most frequently, noting the time of day you usually call and about how long you talk. Then call the various companies competing for your business—ads and promotional mailings will tell you how to get in touch with them. You can subscribe directly with the long distance company or through a charge or credit card account offering this service.

Pricing questions

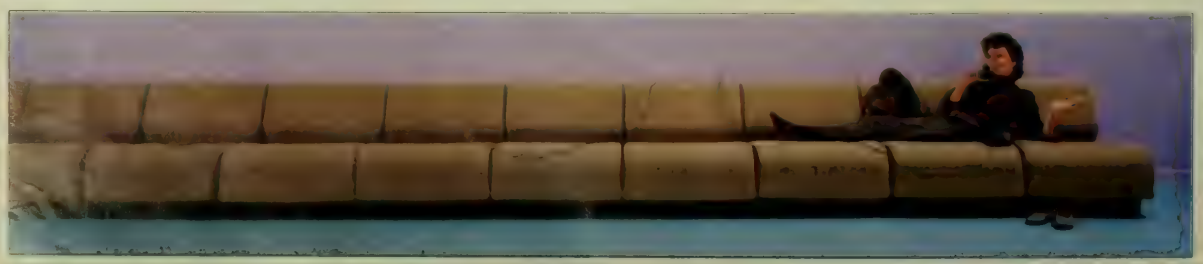
Ask each company for specifics on your frequently called numbers as well as other cost factors: How much do calls cost? Does when you call make a difference? What other options does each company offer?

You'll find a wide variety of choices to weigh in terms of your own telephone habits. Some basic questions:

- Must you pay a sign-up fee for the service?
- Is there a monthly service charge? If so, will savings on your calls more than make up for the charge?
- How are the calls timed and billed? Some companies measure calls in segments as short as six seconds, which means you won't be charged for five minutes if the call lasted just four minutes and three seconds. You may not be billed at all for a very short call. On the other hand, you may be billed for calls

continued

Photograph: Hopkins Associates

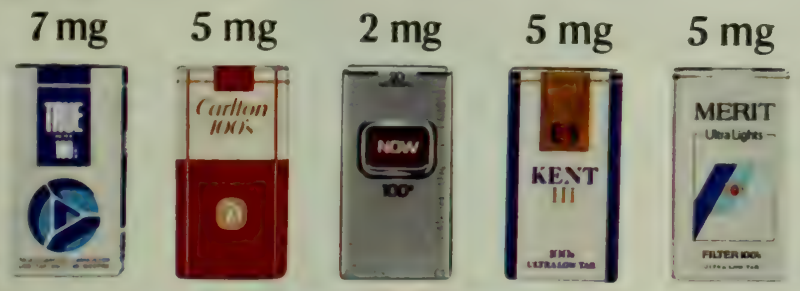


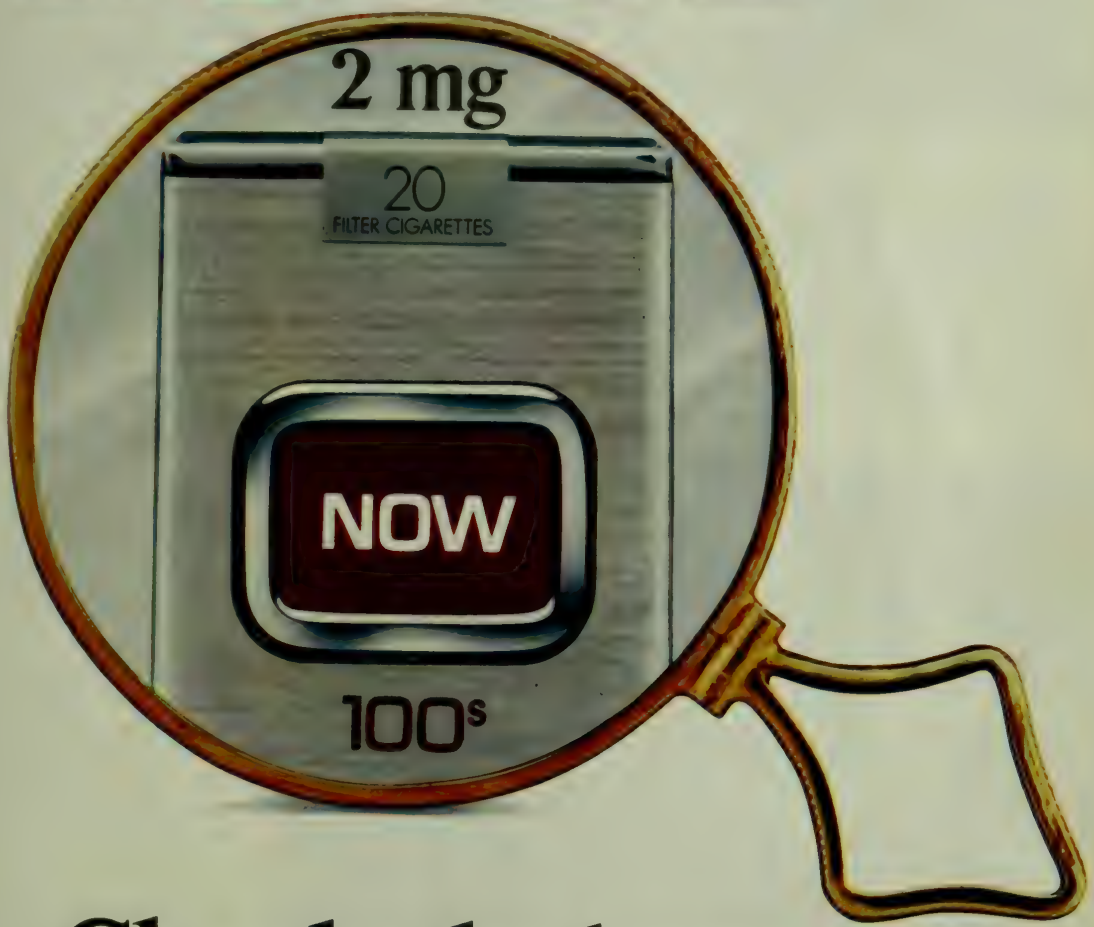
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continued

Long distance

that weren't answered if you let the phone ring a long time.

- Do you—or can you—make all your calls during evenings or weekends? Limiting your calls to those hours is almost always cheaper; some of the least-expensive plans don't *allow* you to place long distance calls during normal business hours.
- What happens if you reach a wrong number or dispute charges appearing on your bill?
- Do you often phone home from out of town? With some services this can be done at the same lower rates as if the calls were originating from your home phone service.
- Does a relative or friend often call collect? Then, you'll need operator service—presently offered only by AT&T.

If you find major differences in the rates you're quoted, ask why. A higher rate may mean that company's network doesn't directly reach the community where you live or the one you're calling. In that case, you may be paying for more than one service—local or long distance—to complete the call.

Also get answers to these questions:

- Is the company you call helpful and courteous on the phone? That could be a clue to the kind of service you'll get in general.
- Do you often require operator or person-to-person assistance? At present, AT&T is the only company offering that service nationwide.
- What does the Better Business Bureau say about the company's operations in your area? Have there been many complaints?

How do you make calls?

Right now, it's a bit of a nuisance to place a long distance call with a company other than AT&T. For one thing, you must use a push-button phone that operates with electronic impulses (you can tell by the tones), not just buttons. At present, the only way you can place a long-distance call on these systems is to punch in your seven-digit local access code, which connects you to the company's transmission network; then your personal authorization code, usually six digits; and, last, the area code and number you want.

Finally, the quality of transmission that you get through these systems can vary. That's hard to judge until you're on the system, but remember that it's possible to switch fairly easily.

Equal access coming up

At present, you may not have a wide variety of choices for long distance, but that fact should change. Starting in September this year, a federal court ruling requires local phone companies to sell to any long distance company that wants it, the same kind of long distance access that AT&T has. It's not yet known which areas will have this "equal access" service first, but by September 1, 1986, it will apply to the majority of the United States. When equal access reaches your area, your local phone company must notify you, and continue to remind you in monthly bills.

With equal access, you can designate a single company as your primary long distance carrier—AT&T or a competitor. All of your calls will be routed automatically through that company by simply dialing 1, the area code, and the local number. No more punching in all those extra numbers; no more transmission quality problems (unless it's due to the company you've chosen). And if you decide that you want to use another company upon occasion, all you have to do first is dial a simple five-digit code assigned to the specific company. That way, you can take advantage of cost differences for various kinds and times of calls.

If you make no choice of long-distance supplier, your local phone company will make it for you (or, AT&T will route your call to a recording telling you how to select a carrier). Even then, you'll have the option of dialing up other services with the five-digit code. Your local company also may offer a service (for a fee) that automatically routes your call through the carrier offering the lowest rate for that call at that time.

Once you've made a decision on your long distance phone service—including just to stick with the status quo—you should continue to monitor your alternatives. What's best for you now may change in the months or years ahead in this rapidly evolving industry.

—By Ann Arnott







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Investment Terms You Should Know

With so many types of investments in the marketplace, it's easy to become confused or lose track of what's what. To help you sort out the choices, here's a glossary of some of the most common investment terms in present use.

Stocks

Common stock. A share of common stock represents partial ownership of a company and gives you the right to participate in its profits in the form of dividends, whose amounts are determined periodically by the board; to vote on its policies and leadership; and, if the company is liquidated, to exercise a claim on its assets after debt and other obligations have been met.

Preferred stock. Preferred stock also represents ownership, but has a prior claim over common stock if liquidation takes place. Dividends are set at fixed amounts (unlike with common stock) and must be paid ahead of those for the common stock.

Dow-Jones Industrial Average. A widely quoted market average based on 30 blue chip stocks like IBM and General Motors. It is popularly considered to be synonymous with the market: if the Dow-Jones Industrials go down five points, the market is said to have dropped by that amount.

Earnings. The profit a company earns after all expenses, costs, and taxes have been paid. Earnings per share is figured by dividing total earnings by the number of shares outstanding.

Price-earnings ratio. A yardstick used by some investors to determine if a stock is a good buy. To find the price-earnings ratio (P/E), divide the current share price by the earnings (not the dividends) for the latest 12-month period. If the share price is, say, $80 and the earnings are $8, the P/E is 10 to 1; that is, it is selling at 10 times earnings.

Dividend vs. yield. The dividend is the dollar amount paid out per share. The yield is the dividend stated as a percentage of the current price, figured by dividing the dividend by the price. For example, a stock paying a dividend of $1 a share and selling at $20 would give you a yield of 5 percent ($1 divided by $20).

Ex-dividend. Without dividend. In the stock tables appearing in the financial pages, an "x" after the stock name indicates that a buyer is not entitled to the recently declared dividend. On the day the stock goes ex-dividend, its opening price will be reduced by the approximate amount of the dividend.

Odd lot. A trade of from 1 to 99 shares when the established trading unit is 100 shares (a round lot). In a few inactive stocks, the trading unit is 10 shares, making one to nine shares an odd lot.

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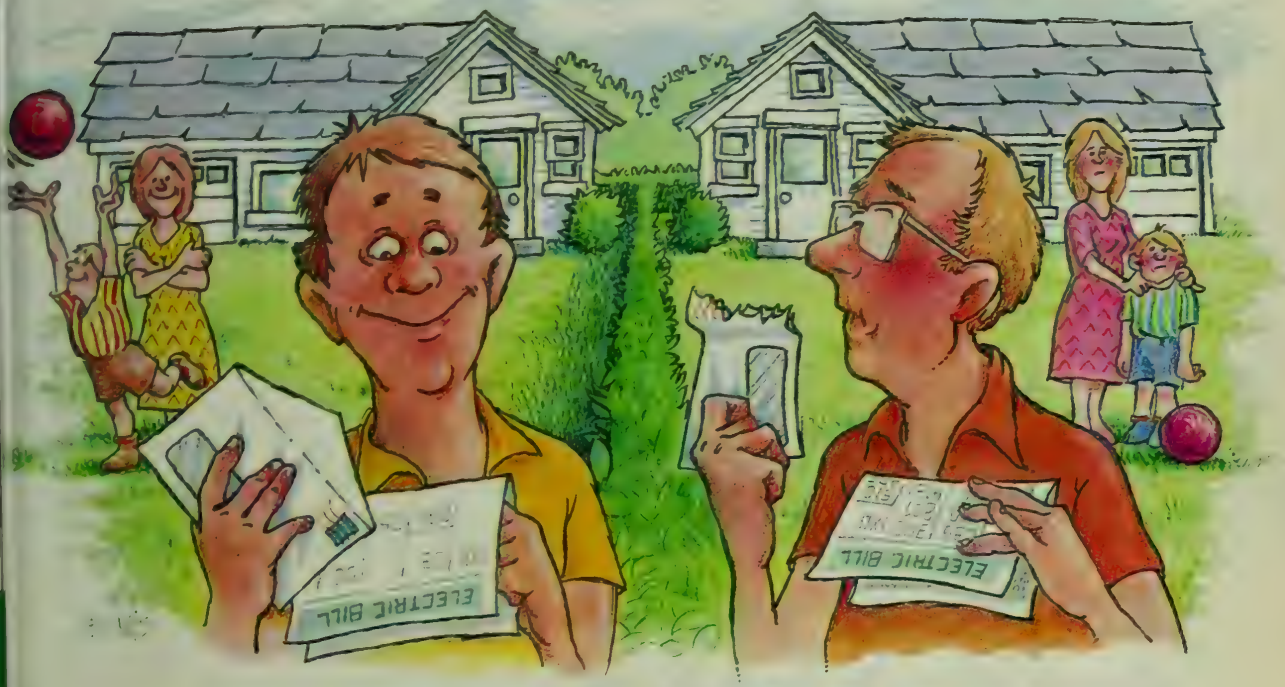
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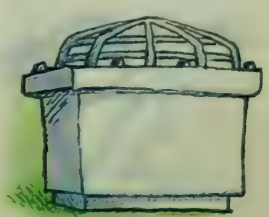
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Suppose you were choosing between two refrigerators: same size, same features. The less expensive choice saves once. But the more efficient choice saves year after year. When choosing a new appliance it can pay to check the manufacturer's energy cost tag.



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Kelvinator

One of the White Consolidated Industries

continued

Investment terms

Stock split. A division of the number of shares in a company to create more shares. If you hold 100 shares valued at $100 a share, a two-for-one split will give you 200 shares worth $50 a share. The value of your holding will remain the same. The most frequent reason for a stock split is to lower the price per share and create wider circulation for the company's shares.

Over-the-counter (OTC). A market for unlisted securities—those not traded on an organized stock exchange like the New York or American Exchange. Many stocks traded OTC are those of relatively small companies that do not have enough shares, stockholders, or earnings to meet the requirements of a stock exchange. However, OTC is the principal market for government and municipal bonds.

Dollar-cost-averaging. A system for buying shares at regular intervals with a fixed-dollar amount—by the dollars' worth, instead of by the number of shares. Thus you purchase more shares when the price is lower and fewer when it's higher. The object of the system is to obtain, over the long run, a lower average price per share than if you were not investing systematically.

Margin. The amount of money an investor must put up as a deposit on listed securities he buys on credit. On stocks the margin requirement is currently set at 50 percent of the price of the securities. The broker lends the investor the balance at the going rate of interest for this type of loan. Bonds also may be bought on margin, sometimes with as little as 10 percent down on the price of the bond.

Option. A contract allowing you to buy or sell 100 shares of a stock at a predetermined price within a specified time—usually three to nine months. A "put" is an option to sell a stock (in other words, you expect the price to go down). A "call" is an option to buy (you expect a rise in price). If the stock does not move as you expected, you do not exercise the option. You lose only the price you paid for the option. Option trading calls for various strategies, so

continued



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It's the Spring edition of "Great Possibilities" magazine—filled with exciting new home improvement ideas. Available May 13, at participating Registered Dealers and Home Centers. But hurry, supplies are limited.

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continued

Investment terms

it's best to consult an expert before getting involved.

Bonds

Bond. A bondholder is a creditor, not a partner or shareholder, of the issuing company. The issuer agrees to pay back the principal at a specified time, say five, ten, 20 years or more, and to pay a specified rate of interest, usually semiannually, during that time. Bond certificates are generally issued in multiples of $1,000 or $5,000, sometimes in $100 or $500 denominations.

Discount bond. One selling well below its face value—like $600 for a $1,000 bond. However, if held to maturity, the date the bond becomes due, it will be redeemed at $1,000. Regardless of the current price, interest payments will continue at the rate stated in the bond. Suppose that's 9 percent; the holder of a $1,000 bond will receive $90 a year until the bond matures.

Convertible bond. A type of bond that may be exchanged, at the option of the owner, for common stock or some other security of the same company. Details vary according to terms set for the specific bond issued.

Bond points. Fluctuations in bond prices amount to $10 a point (they're $1 a point for stocks). Say you buy a bond at 96, or $960 for a $1,000 bond. If the price increases two points, to 98, the bond's value becomes $980.

Miscellaneous terms

Capital gains and losses. Profits or losses from the sale of capital assets—stocks, bonds, real property, and so forth. For income tax purposes, long-term gains or losses (at the time we went to press, those on securities held for more than one year) are taxed at a lower rate than those less than one year (short-term investments).

Mutual fund. An investment pool of diversified securities in which you buy shares and your money is joined with that of other investors and managed by a mutual fund or other financial company. Mutual fund managers charge an annual fee of from 0.7 to 1 percent and use their expertise and the cost leverage gained by investing large sums at once to obtain the best return possible. "Load" funds charge a one-time sales fee of up to 8½ percent; "no load" funds charge no sales fee.

Prospectus. A circular describing in detail an issue of securities being offered for public sale. In accordance with Securities and Exchange Commission regulations, the prospectus must be provided to the prospective buyer of new securities registered with the SEC before the sale takes place, with the purpose of helping the buyer make an informed decision.

Securities Investor Protection Corporation (SIPC). A nongovernmental agency created by Congress to provide investors with insurance against brokerage house failure. Coverage is up to $500,000 per customer. SIPC has standby authority to borrow up to $1 billion in government funds.

—By George Weinstein





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REMODELING

Small-Space Shower



A walk-in shower adds a touch of luxury to any bathroom, but finding space for a separate shower enclosure may pose a problem. If your present bath lacks the necessary square footage, consider annexing a few feet of space nearby.

Utilize under-eaves space

This inviting shower enclosure *(above)* offers an alternate bathing option in a second-floor master bath. To accommodate both a tub and a shower stall, the owners removed the original outside wall of the room and installed the shower in the unfinished space beneath the roof slope. To increase headroom and ensure proper drainage, they constructed the floor of the shower one step lower than that of the bathroom. A wide bench spans the low-clearance area where the roof meets the wall. The bench, floor, and three walls of the enclosure are surfaced with ceramic tile, and the roof slope is paneled with tongue-and-groove pine. (The paneling is sealed with several coats of polyurethane varnish.)

Room to spare for plants

A transparent glass partition and a large skylight make the shower compartment seem more spacious than it really is. They also furnish ample light for houseplants, allowing the compartment to double as a small greenhouse. The partition stops at door height to help prevent heat buildup and to vent steam when the shower is in use.

Photograph: E. Alan McGee. Design: Fernando Seda and Victor Fuentes
Field editor: Ruth L. Reiter

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FURNISHINGS

Easy-Does-It Vinyl Flooring

Sheet vinyl flooring always has been durable and easy to care for. Now, it's easier than ever to install, too.

Thanks to products that are specially designed for the do-it-yourselfer, you can put down a new vinyl floor in your home without adhesives, or with adhesives that you apply only around the perimeter of the room.

Here's helpful information on three of these easy-to-install vinyl flooring products that are now on the market.

Qwik Floor, a resilient sheet vinyl flooring made by Tarkett, Inc., can be installed right over your existing floor without messy adhesives.

Just cut the vinyl with a utility knife to fit your space, then smooth your new floor into place. The vinyl sheeting's chemically treated backing and fiber glass interlayer make it lie flat without curling or shrinking.

Qwik Floor is made in handy 12-foot widths, so you can cover most rooms without seams.

Like many conventional sheet vinyl floorings, Qwik Floor has a no-wax top surface that helps keep it looking new and makes it easy to care for. Its five patterns include popular tilelike motifs in 22 fashionable colors.

You can ask for Qwik Floor at flooring stores and home centers. Or, write to: *Tarkett, Inc., Attn: Consumer Info, P.O. Box 264, 800 Lanidex Plaza, Parsippany, NJ 07054.*

Tredway and *Premier Sundial Solarian* vinyl floorings, which are made by Armstrong World Industries, Inc., are so pliable that they can be folded and carried home in your car. Their flexibility also makes them easy to handle during installation.

You can use Tredway or Premier Sundial Solarian sheet vinyl over any type of smooth, structurally sound subfloor. There's no need for extra subfloor preparation or special underlay, even in below-grade installations.

Both Tredway and Premier Sundial Solarian come in 12-foot widths, so you won't have to seam pieces together in most cases.

You have two installation options: either tack the vinyl flooring around the perimeter of the room with staples, or apply a three-inch-wide band of adhesive around the perimeter for a permanent bond.

Both products also can help camouflage minor floor irregularities, like small cracks in cement or uneven floorboards. The floorings expand and contract with the subfloor, so seasonal changes aren't a problem.

Tredway comes in nine patterns that range in color from warm white to gold and rust. Premier Sundial Solarian is available in seven patterns; neutral hues, as well as pretty greens and blues, are used.

For more information about these two vinyl floorings, ask at your local home center or write to: *Consumer Services, Armstrong World Industries, Inc., P.O. Box 3001, Lancaster, PA 17604.*

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Gardener's Log

Variety's the very spice of life.
—*William Cowper*

ALL-AMERICA SELECTIONS

Gardeners interested in trying new vegetable and flower varieties this spring may be overwhelmed by the large number of choices. To find the cream of the crop, look for the seal of the All-America Selections while you're scanning the seed racks and plant flats at your local garden center. A nonprofit association, AAS selects annually what it considers to be the best vegetable and flower introductions. (All-America Rose Selections and All-America Gladiolus Selections are specialized organizations, and are not related to All-America Selections.)

AAS judges evaluate the competing flower and vegetable varieties by how well they perform in various climatic regions. Flowers are judged for color, disease resistance, resistance to insect and weather stresses, length of flowering, attractiveness of blossoms, uniformity, and fragrance. Vegetables are evaluated for yield, flavor, appearance, texture, disease resistance, production and space efficiency, nutrition, and novelty value.

Two new vegetable varieties and one new flower variety are the AAS winners for 1984. The following descriptions will help you judge whether or not you'll want to make space for them in your garden this year.

If you decide to buy nursery-grown transplants instead of seeds, keep in mind that tall plants won't necessarily give you more for your dollar. Short and stocky seedlings will adjust faster to transplanting in the garden. Also, while plants in bloom are a temptation to buy, all-green plants often will bloom better. Check plants for plenty of buds.

Sugar Ann snap pea

Quality often runs in families, and Sugar Ann is proof that it can improve with each generation. The daughter of Sugar Snap pea, a 1979 AAS Gold Medal Winner, Sugar Ann is the earliest round, edible snap pea available. The plant produces an abundance of 2½- to 3-inch edible pods on plants 18 inches high, and is resistant to fusarium wilt. Unlike Sugar Snap, the new winner is a bush variety, making it a great choice for limited-space gardens and containers. In colder climates, plant seeds of Sugar Ann outdoors this month. Elsewhere, wait until midsummer to plant seeds as a second crop for fall harvest.

Celebrity tomato

With all the tomato varieties available to gardeners today, selecting the best one for your garden can be confusing. For almost guaranteed success, try Celebrity, this year's AAS winner. Celebrity will produce a bumper crop in almost any climatic condition. A determinate growth tomato, this vigorous mid-early variety yields a continuous supply of large tomatoes on short, many-branched plants. Tomatoes will be ready for harvest 70 days after being transplanted into the garden. More disease resistant than all past AAS tomato winners, Celebrity will stand up to tobacco mosaic virus, verticillium wilt, fusarium wilt, and root knot nematodes. Set nursery-grown transplants outdoors after all danger of frost is past.

Border Beauty Rose Hybrid zinnia

Once the first blossoms of Border Beauty Rose Hybrid zinnias open in your garden, you'll be completely won over by their dazzling color display. Good for the middle or back of a border, these semidwarf plants grow to a height of 20 inches and bear rose-pink blooms, touched with a hint of salmon, from early summer through fall.



Border Beauty Rose Hybrid zinnia

The individual dahlia-type flowers are semi- to fully double and a showy 3 to 3½ inches in diameter. Border Beauty Rose zinnias also make attractive, long-lasting fresh bouquets for indoors. For best results, sow seeds outdoors where they are to grow, after the final expected frost.

Buying information, page 219.

Illustration: S. D. Schindler

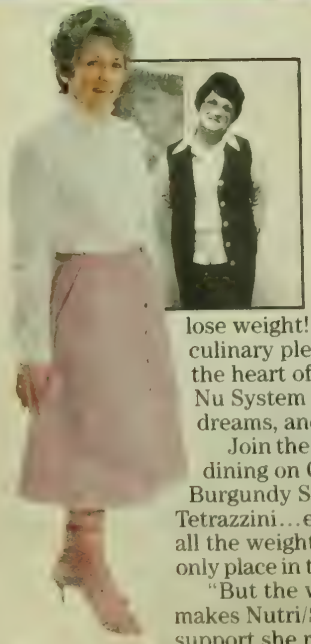

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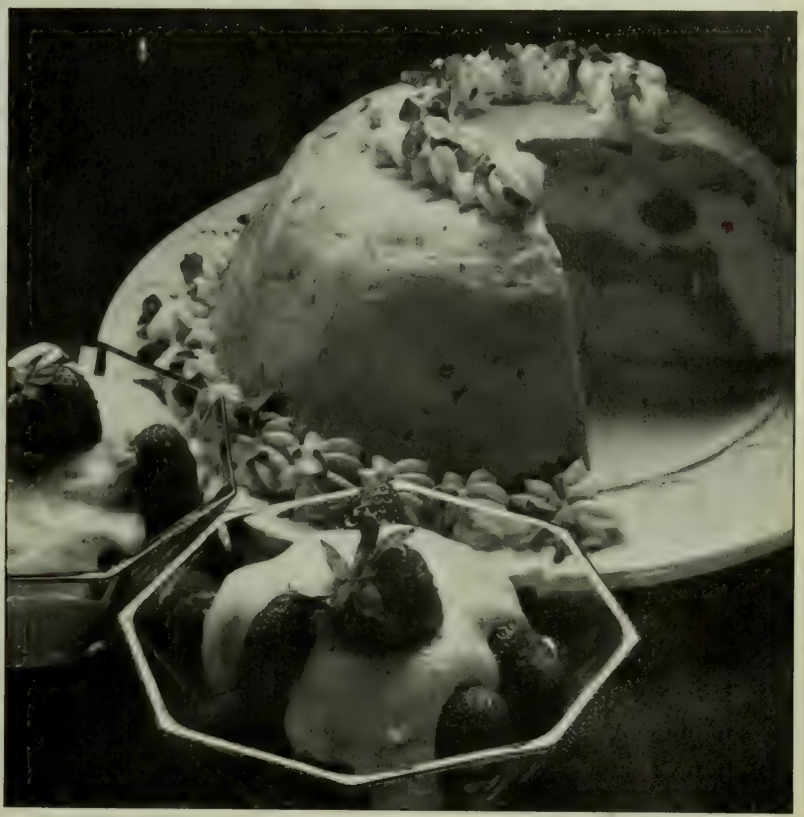
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FOOD

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SPUMONI

1½ pints pistachio ice cream
⅓ cup chopped pistachio nuts
6 maraschino cherries
1½ pints vanilla ice cream
¼ teaspoon rum flavoring
¾ cup whipping cream
⅓ cup presweetened cocoa powder
½ cup whipping cream
¼ cup sifted powdered sugar
1 10-ounce package frozen red raspberries, thawed, drained, and sieved

Chill a 2-quart metal mold. Stir pistachio ice cream just to soften. Stir in nuts. Spread quickly over bottom and all the way up sides of mold. (If ice cream slips, refreeze.) Arrange cherries in bottom of mold. Freeze. Stir vanilla ice cream just to soften; stir in the rum flavoring. Refreeze, if necessary. Quickly spread over first layer. Freeze. Beat the ¾ cup cream and the cocoa powder till stiff peaks form. Spread over vanilla ice cream layer. Beat the ½ cup cream and the sugar just till soft peaks form; fold in berries. Spoon into mold; smooth top. Cover and freeze overnight. To serve, uncover and invert onto chilled serving plate. Rub mold with hot damp towel; lift off mold. Cut into wedges. Serves 12.

ZABAGLIONE

3 egg yolks
⅓ cup marsala wine
¼ cup sugar
Fresh fruit

In top of a double boiler beat yolks and wine. Add sugar. Place over boiling water (water should not touch pan). Beat with electric mixer on high for 6 minutes or till mixture thickens. Serve immediately over fruit. Serves 3.

Photograph: Scott Little

DECORATING

A Well-Seasoned Scheme



Giving a newly built home a comfortable, settled-in look calls for careful attention to details. The addition of old-time woodwork and a few vintage furnishings, for example, goes a long way toward achieving a cozy, relaxed atmosphere. In this family room, these elements mesh with contemporary-style architecture in a refreshing, countrified manner.

It's not hard to imagine casual get-togethers or leisurely fireside chats in this modern-day version of the keeping room *(above)*. A custom, wood-trimmed fireplace that only *looks* old sets the mood. The column-and-cornice facade gives the otherwise plain space a stately focal point, but its golden patina keeps the overall impact light and informal. The honey color of the pine fireplace also provides a warm counterpoint to the room's white walls and grid-patterned tile floor. In the nearby eating area, pressed-back chairs and an old oak table repeat the mellow color. Bookshelves and storage are cleverly



incorporated into the fireplace wall. The mantel wraps around the chimney, then continues on adjoining walls as open shelving *(above)*. Closed built-in cupboards below balance the floating ledges, while making good use of the awkward fireside niches. Rustic accessories, like baskets and painted plates, complement the handsome cabinets.

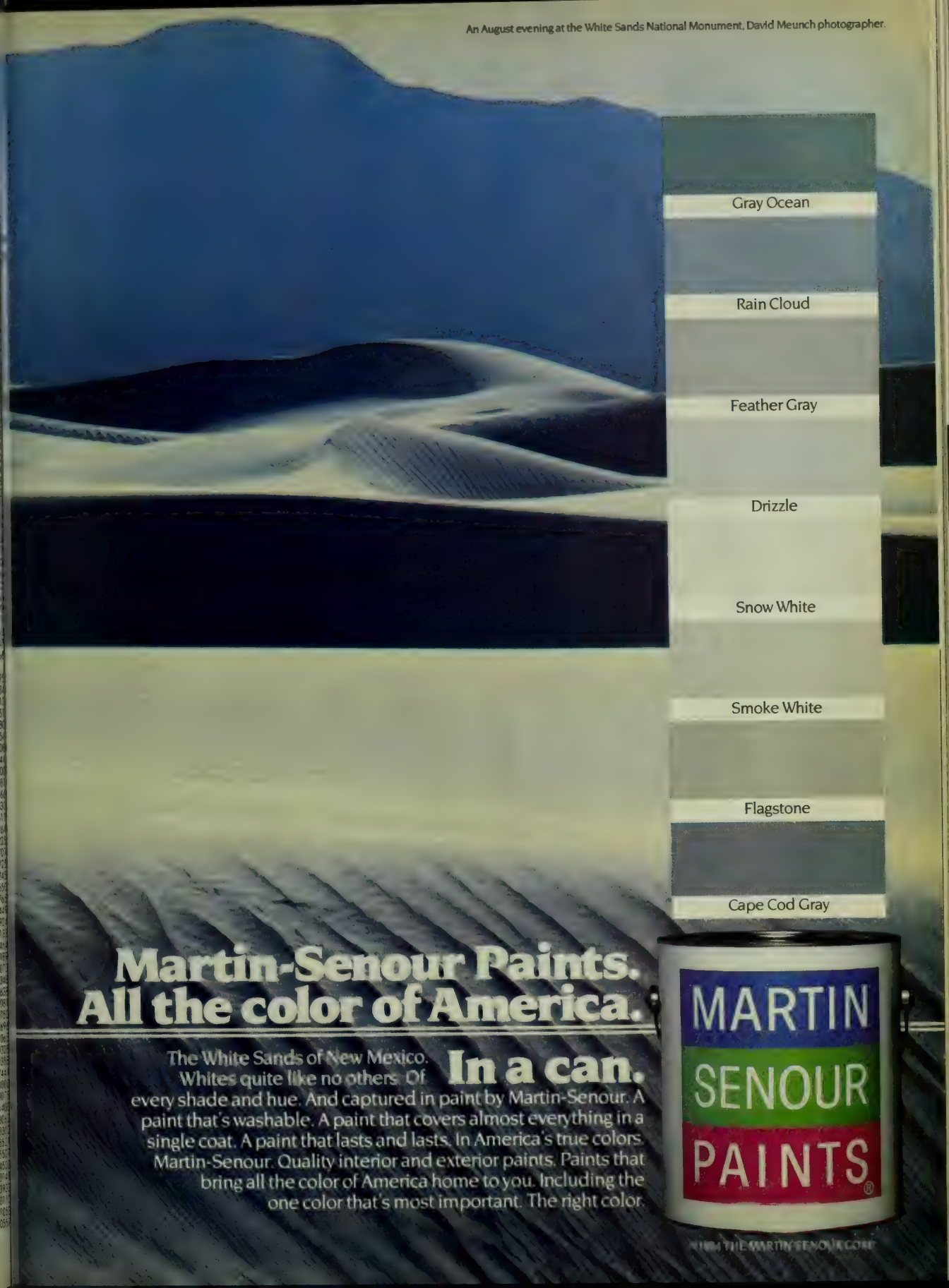
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FOOD/APPLIANCE COOKING

Microwave Seafood Dinners

In a hurry? Here are three delicious fish dinners you can prepare in minutes. For extra convenience, if you start with frozen fish, you can thaw the fish in the microwave. Place the package in the center of the oven. Micro-cook on 30% power (defrost setting of your microwave) for four to six minutes per pound. You'll need to turn the fish block over once during the defrosting time. If possible, separate fish pieces. Allow five minutes standing time.



FANCY FISH ROLL-UPS

- 6 fresh *or* frozen sole fillets (about 1¼ pounds)
- ½ of a 10-ounce package frozen chopped broccoli, thawed
- 6 green onions, sliced (⅓ cup)
- 1 tablespoon lemon juice
- 6 slices process Swiss cheese, halved diagonally
- 2 tablespoons butter *or* margarine
- 1 tablespoon cornstarch

Thaw fish, if frozen. In a nonmetal casserole combine vegetables and 2 tablespoons *water*. Cover with vented clear plastic wrap. Micro-cook on 100% power (HIGH) 4 to 6 minutes. Drain. Set aside. Brush fillets with juice; sprinkle with salt and pepper. Place 1 triangle of cheese on each fillet; fold to fit. Top with vegetables. Roll up fillets. Place, seam side down, in 12x7½x2-inch baking dish. In 2-cup glass measure cook butter or margarine, uncovered, 30 seconds; brush atop fish. Cook, covered, 5 to 6 minutes, rotating dish half-turn after half the cooking time. Place remaining cheese atop. Cook, covered, 1 minute. Remove; keep warm. In 2-cup measure blend cornstarch and 1 tablespoon *water*. Add fish juices and water to make 1 cup. Cook 1 to 2 minutes, stirring twice. Cook 30 seconds. Spoon sauce atop. Serves 6.

SCALLOPED SALMON

3 tablespoons sliced green onion
3 tablespoons butter *or* margarine
2 slightly beaten eggs
½ cup chicken broth
1½ cups milk
¾ teaspoon dried dillweed
1 15½-ounce can salmon, drained, flaked, and skin and bones removed
2 cups herb-seasoned stuffing croutons
1 cup shredded Swiss cheese
2 tablespoons all-purpose flour
1 8-ounce can mixed vegetables, drained

In a nonmetal bowl micro-cook onion and *1 tablespoon* of the butter or margarine, uncovered, on 100% power (HIGH) 1 to 2 minutes. Stir in eggs, broth, *½ cup* of the milk, *½ teaspoon* of the dillweed, ⅛ teaspoon each *salt* and *pepper*. Stir in salmon, croutons, and cheese. Spread mixture in an 8-inch round nonmetal baking dish. Micro-cook, uncovered, on 50% power (MEDIUM) 20 to 22 minutes, giving dish a quarter turn every 5 minutes. Let stand. Meanwhile, in 4-cup measure micro-cook remaining butter, uncovered, on 100% power (HIGH) 30 seconds. Stir in flour, remaining dillweed, ⅛ teaspoon *salt*, and dash *pepper*. Stir in remaining milk. Cook 1½ to 2 minutes, stirring every minute. Cook 1 minute more. Stir in vegetables. Cook 1 to 1½ minutes. Serves 6.

SHRIMP AND APPLE MEDLEY

1 pound fresh *or* frozen shrimp
1 medium apple, cored and sliced
⅔ cup apple juice *or* cider
4 teaspoons soy sauce
1 tablespoon cornstarch
Dash ground red pepper
1 6-ounce package frozen pea pods, thawed and drained

Thaw shrimp, if frozen. Peel and devein. Place in 1½-quart nonmetal casserole; add 1 tablespoon *water*. Cook, covered, on 100% power (HIGH) 4 to 5 minutes, stirring once. Remove shrimp; drain. Add apple and 1 tablespoon *water*. Cook, covered, 1½ to 2½ minutes, stirring once. Do not drain. Combine juice, soy, cornstarch, and red pepper. Add to apple mixture. Cook 2½ to 3½ minutes more, stirring every minute. Return shrimp. Stir in peas. Cook, covered, 2 to 3 minutes. Serves 4.

Photograph: Mike Dieter

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Touring Nevada's Old-Time Boomtowns



Abandoned in sage-covered canyons or surviving as settlements along the highways, Nevada's old mining towns bear witness to a time when quick riches lured thousands to the desert's mineral-laden hills. Traveling between Reno and Las Vegas, you can explore some of the most interesting of these old boomtowns as part of a long day's drive. Or you can make a more leisurely tour with an overnight stay in Tonopah, the midway point. This trip is particularly pleasant during the cool days of spring and fall.

Intriguing legacies

Mining towns throughout central Nevada boomed and went bust between the 1860s and early 1900s, when gold and silver were discovered, then fizzled out. Today, these towns are in various stages of decay. Some are only geometric patterns in the desert dust, while others stand out on the horizon like silhouettes, with buildings sealed up as if the owners had just left town. Many support at least one old-timer eager to pass on stories of the town's glory. A few towns, like Tonopah and Austin, are still thriving, though substantially smaller than years ago.

In and around Austin

About 170 miles east of Reno along US-50 is Austin, one of the best remaining examples of a mining community. It's in a small canyon that once produced $50-million worth of silver. Most of the original structures, like the county courthouse and Nevada's oldest bank, still bracket the streets, though many are boarded up. Buy an ice-cream cone at the local fountain and meander through town. A guidebook sold at the general store highlights interesting sights in the area.

There are two special spots just outside Austin. Stokes Castle, a three-story stone tower built as a summer home by an eastern financier nearly a century ago, supplies a commanding desert view from a hill above town. The gravestones in the Calvary Cemetery give fascinating insights into the folks who settled this desert community.

The sleepy town of Round Mountain lies south of Austin, three miles east of State-376 on State-378. It's surrounded by mechanical mementos of the early hydraulic mining era. Placer gold was discovered here in 1906, at the foot of the humpbacked mountain that gave the town its name.

The town of Manhattan was settled amid the pinion pines of the Toquima Mountains, seven miles east of State-376 on State-377. In its heyday, the town produced more than $10.3 million in copper, silver, and gold. Many buildings, some mining operations, and a small population remain. About 12 miles beyond Manhattan is the crumbling ghost town of Belmont.

Tonapah and beyond

Until the big Tonopah silver strike in 1900, many feared that Nevada's min-

continued

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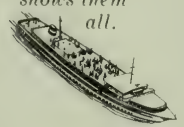
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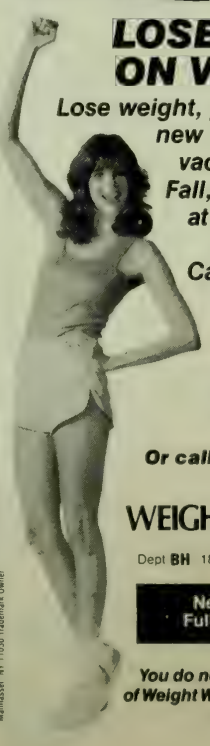


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eral wealth was exhausted. But the ore discovered at the foot of Mt. Oddie renewed the excitement, and the stampede to Tonopah was on. Centrally located within the state on US-95, this town has been modernized through the years, and many of the original buildings are gone. But the recently restored Mizpah Hotel is open for business, and you'll see many mine and mill ruins.

Goldfield, once Nevada's largest city, lies 25 miles south of Tonopah along US-95. Broad main streets, wooden shanties, and a handful of stately brick buildings are reminders of what was once this desert's most cosmopolitan community. Three railroads served the isolated metropolis, a theater featured top performers from across the country, and countless saloons and gambling halls lined the streets. What's left of Goldfield still awes visitors with its grandeur. Of special interest are the Goldfield Hotel and the Esmeralda County Courthouse.

Farther south on US-95, at the northeast entrance to Death Valley, the little town of Beatty is all that remains of the thriving Bullfrog Mining District. The town still has a population of several hundred, down from 1,000 in 1906, and a small museum focusing on the history of the area.

The Bullfrog district's most prosperous camp was Rhyolite, four miles west. Besides modern conveniences like streetlights and a telephone exchange, Rhyolite also provided such cultural amenities as an opera house. When surrounding mines proved unprofitable to work, the town declined. Today, only the picturesque Las Vegas and Tonopah railroad depot and the unique bottle house are intact. They're open to visitors on an irregular basis. The rest of the town is a haunting collection of ruins, the most dramatic of which is the crumbling Cook Bank.

Back on US-95, it's 115 miles from Beatty to Las Vegas. Keep an eye out for signs of renewed mining activity throughout this area. With the recent climb in precious metal prices, many old mines and tailing dumps are being reworked by modern-day prospectors. For more information, contact David Toll, Commission on Tourism, Capitol Complex, Carson City, NV 89710.



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China Comes To Seattle

Scientific achievements ranging from a 2,000-year-old aerobic exercise program to a seismograph carved from wood are being showcased at the Pacific Science Center in Seattle, Washington, as part of *China: 7,000 Years of Discovery*, a major exhibit from the People's Republic of China.

On display are Chinese technological and medical breakthroughs, spanning the centuries between the discovery of gunpowder and printing to the latest treatments in acupuncture. Chinese artisans also are on hand to demonstrate skills such as silk weaving and kite making. For additional information about the exhibit, which continues through August, contact Public Relations, Pacific Science Center, 200 Second Ave. N., Seattle, WA 98109.



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An Adaptable Dining Room



If you're looking for a way to make your dining room serve for both everyday meals and crowd-size entertaining, check the ideas in this eating space.

It offers optimum dining flexibility, thanks to a two-way room arrangement and versatile furniture pieces. Although the room isn't large by any means, it can handle sit-down dinners for up to 12 people, as well as casual buffet dining for an extra-large gathering.

For family meals, the laminated Parsons table takes center stage and is surrounded by six ladderback chairs. The chairs, painted a pristine white, were chosen for their light scale and rustic good looks. Tie-on seat cushions stitched from a cheery pink fabric accent the setting with warmth-adding color.

When company comes, the table is moved parallel to the banquette built-in along one wall. This arrangement not only increases the number of seating spots; it also frees up the rest of the room for buffet-style serving.

The food is placed on the sideboard (out of camera range) and the table is extended with leaves to seat up to 12 people comfortably. For larger cocktail parties, the chairs are removed and the table itself becomes a buffet.

The banquette, which is simply pine boards held in place with wood braces, is topped with soft cushions made from bed pillows dressed in a pretty print chintz. The cantilevered design of the bench helps to visually minimize its size



Since a center-of-the-room chandelier wouldn't work for both arrangements, peripheral lighting is used instead. Three metal industrial-style lights suspended over one end of the banquette provide soft, general illumination and a table lamp is used on the sideboard. For late night dining, the table is set aglow with tall tapered candles.

Photographs: Maris/Semel. Design: Linda Carbutt/Now &Then
Field editor: Estelle Bond Guralnick

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Pastry-Making Tools

Many specialized pastry-making gadgets await in gourmet cookware shops. Designed to make your pastry preparation easier, some of these handy tools are as basic as the traditional wooden rolling pin; others, such as the pastry sealer, add a decorative finish to homemade pastry. Here's a guide to pastry tools you might consider purchasing in order to simplify your home baking or to add a special touch to your favorite pastry.

Pastry Cloths

A floured pastry cloth or sheet is an ideal surface for rolling out pastry dough because the pastry doesn't stick to it. The basic cloth *(Photo A)* is a fabric rectangle that you sprinkle with flour before each use. Or, you can choose a plastic pastry sheet marked with measurements for circles and straight edges. Dampen the countertop beneath the pastry sheet to keep the sheet in place as you roll.

A pastry cloth with a measuring guide is stretched and held flat by a frame. Dowels on two sides of the pastry cloth catch the edge of the work surface and keep the device in place while you work. Stretchable rolling pin covers accompany some of these cloths.

Rolling Pins

The traditional rolling pin—the elementary pastry tool—is the wooden cylinder with handles. It serves the purpose of rolling out pastry, but our examples *(Photo B)* offer more. The additional length on the one-piece rolling pin is handy for rolling out extra-wide pastry. Rolling pins marked with a measuring guide help you roll out pastry to a specific size.

Hollow rolling pins hold ice water or warm water. Filled with ice water, the rolling pin chills thin pastry and keeps it firm. With warm water the rolling pin softens chilled yeast dough, making it easier to roll.

Pastry Brushes

The choice of pastry brush *(Photo C)* depends on the delicacy of the pastry—choose a fine-bristled brush for more delicate pastry. Use a brush to apply milk, water, or egg to pastry before baking to get a shiny crust.



Photo A

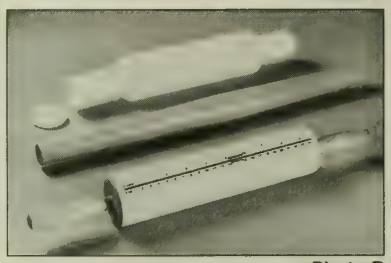


Photo B



Photo C

Pastry Cutter

This gadget *(Photo D)* cuts appetizer-size pastry squares in minutes. The pastry cutter also can be used for cutting ravioli from rolled pasta dough.

Pastry Wheel

Another handy pastry tool is the fluted pastry wheel *(Photo E)*. It cuts out strips of pastry and leaves a fluted edge for an attractive lattice-topped pie. Or, it decoratively trims the edges of other pastry shapes as it cuts.



Photo D



Photo E



Photo F

Pastry Sealer

The pastry sealer *(Photo F)* decoratively closes the edges of folded pastry dough. This kitchen gadget easily rolls and seals curved or straight edges of the folded pastry.

Photographs: Mike Dieter

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Festive Fruit Flan



Step 3



Step 4



Step 8



Step 9



Step 10

Now you can prepare a classic European fruit flan in your own kitchen with ease. The shallow almond-studded pastry spotlights a swirl of fruits atop a rich pudding. You're sure to get a round of applause from family and friends when you serve this special treat. For variety, top the dessert with your favorite fruits of the season.

FRESH-FRUIT FLAN

1 cup all-purpose flour
½ cup ground almonds (2½ ounces)
3 tablespoons sugar
6 tablespoons butter *or* margarine
1 beaten egg yolk
2 tablespoons water
⅓ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
1¾ cups light cream *or* milk
2 tablespoons honey
6 beaten egg yolks
¼ cup orange juice
1 cup sliced plums, peeled and sliced kiwi, *or* mandarin orange sections, drained
¾ cup sliced strawberries *or* seedless red grapes, halved
¾ cup peeled, pitted, and sliced nectarines, peaches, *or* pears
⅓ cup orange marmalade

Step 1: For pastry: In mixing bowl stir together flour, ground nuts, the 3 tablespoons sugar, and dash *salt.*

Step 2: Cut in butter or margarine till mixture resembles coarse crumbs. Add the 1 egg yolk and the water; stir till flour mixture is moistened. Work mixture with hands till well blended.

Step 3: On a lightly floured surface roll dough into a 13-inch circle. Gently wrap pastry around the rolling pin. Loosely unroll dough onto an 11-inch flan pan.

Step 4: Ease the dough into the flan pan. Be careful not to stretch pastry. Trim edges of pastry to fit pan.

Step 5: Line the *unpricked* pastry with a double thickness of heavy-duty foil. Bake in a 375° oven for 10 minutes; remove foil. Bake 8 to 10 minutes more or till golden brown. Cool thoroughly in pan on wire rack.

Step 6: For pudding filling: In medium saucepan combine the ⅓ cup sugar, the cornstarch, and salt; stir in light cream or milk and honey. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more.

Step 7: Gradually stir about *1 cup* of the hot mixture into the 6 egg yolks; return to mixture in pan. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat.

Step 8: Stir in orange juice. Cover the surface with clear plastic wrap or waxed paper; cool completely without stirring. Spread cooled mixture into pastry shell; chill.

Step 9: About ½ hour before serving, arrange plum slices, kiwi slices, or mandarin orange sections around the outer edge of flan atop filling. Arrange strawberries or grapes just to the inside of plum slices. Next, arrange nectarine, peach, or pear slices spiral fashion in the remaining area.

Step 10: Remove flan from pan; transfer to platter. In a small saucepan melt marmalade; spoon over fruit. Chill till serving time. Makes 10 servings.

Photographs: Mike Dieter

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- After the McCreaths show you 200 slides of Scotland and you still have France, England and Germany to go.
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DECORATING

Insulating Fabrics

Making your own energy-saving window covering is easier than ever, thanks to special fabrics now available in fabric and drapery stores. But how do you know which fabrics to choose? Here are some guidelines to get you started.

Your best fabric insulator against cold and heat is a composite of layers sealed to the interior window frame. From the inside out, the layers should include: decorative fabric, a vapor barrier, an insulating material, reflecting fabric, and lining.

Since a fabric's insulating value is more affected by its weave than by its fiber content, look for a tightly woven material for the decorative cover layer. If your room has high humidity, choose a fabric constructed of synthetic fibers. Such fibers absorb less moisture than natural fibers, and are less inclined to stretch and shrink. Almost any fabric will mildew, however, and your best protection against that is to open and close the window treatment daily to allow for air circulation. If a room receives a great deal of sunlight, use a fabric that's fade resistant.

The next layer, the vapor barrier, can be made of several different materials. Vinyl-backed foil fabric (which also serves as a reflectant), building plastic, or a vinyl material will handle the job successfully.

The third and bulkiest layer is the insulating fabric. You can use quilt batting or an insulated batting made specially for window coverings. In some stores, a quilted fabric with both the reflecting material and moisture barrier stitched right in is sold by the yard or in window-covering kits.

The fourth, reflective, layer helps deflect the sun's rays in the summer and throw heat back into the house in the winter. Foil fabrics are available in selected fabric stores, for this purpose.

Finally, the liner can be made of almost any tightly woven fabric. Or, you can gain extra insulation by using specially made liners like thermal drapery lining or thermal suede.

Does your charcoal lighter add a foul taste to your fowl?

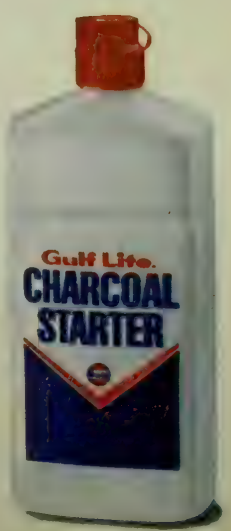


Sometimes, bargain-brand charcoal lighters are just fine. Other times, they give you more than you bargained for. Like odors and extra smoke that ruin the taste of the food.

There is a way to make sure you get high quality and consistency in your charcoal lighter. Just get Gulf Lite® Charcoal Starter. Unlike bargain brands, Gulf Lite uses a special clay filtering process to eliminate odors and impurities.

That means you get a quick-starting fire that burns consistently clean. With no soot. No odor. And no bad aftertaste.

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CRAFTS

Wreaths That Welcome

A homespun wreath on your door says hospitality, country style. Welcome guests at your front door with any of these year-round wreaths. No special skills are needed to make them, and the materials are inexpensive.

Read the following information for complete instructions for these 100 percent natural wreaths.

Braided rope wreath

To make a braided rope wreath, you will need 150 ft. of ½-in.-diameter sisal rope; 1 ball ecru Knit Cro-Sheen thread; upholstery needle; and glue.

Draw a 23-in.-diameter circle on paper for pattern. Cut 15 rope strands each 90 in. long. Divide strands into three groups of five.

For easier handling while braiding, use long upholstery needle and Knit Cro-Sheen thread to stitch each group of five rope strands together at intervals; make each group five strands wide. Do not knot threads.

Braid the three sections of rope loosely, staggering ends as you begin. Continue braiding for entire length of rope, shaping braid into 23-in.-diameter circle (use pattern as guide). Straighten and adjust ropes as necessary while forming circle. Remove threads.

Cut rope ends to match beginning of braid. Keep ends on back of wreath; stitch together, and glue to prevent raveling. Add a wide, plaid bow made of fabric or ribbon, if desired.

To make a larger or smaller wreath, simply adjust the length of the strands.

Nature's bounty wreath

To make a wreath of natural materials, you will need eucalyptus seeds, walnuts, assorted pinecones, and acorns (gather these materials from your own backyard or purchase them at a local crafts store); flat-back 12-in.-diameter plastic foam wreath; brown pipe cleaners; cardboard; clear-drying glue; brown spray paint; clear acrylic spray.

Cut and glue cardboard backing to plastic foam wreath for extra support. Spray-paint wreath brown and let dry.

Use 6-inch lengths of pipe cleaner to secure pinecones to wreath. (Use wire clippers to trim the pipe cleaners.) Arrange pinecones as desired. Glue eucalyptus seeds onto wreath; fill in with walnuts, acorns, and other natural materials to cover front of plastic foam. Finish wreath with clear acrylic spray and add a ribbon bow. Store wreath in a dry, cool place.

Straw wreath

For a beautifully natural straw wreath, you will need a wire wreath form, newspaper, straw, floral wire, and nylon fishing line.

Wire crushed pieces of newspaper to the wreath form, padding the form to about half the desired size.

Place handfuls of straw on the wreath form and wrap the straw with nylon fishing line to hold it in place.

Continue adding straw to the wreath, overlapping bundles until the entire form is covered.

Designs Ellen Morello, Hilde Katie Marks



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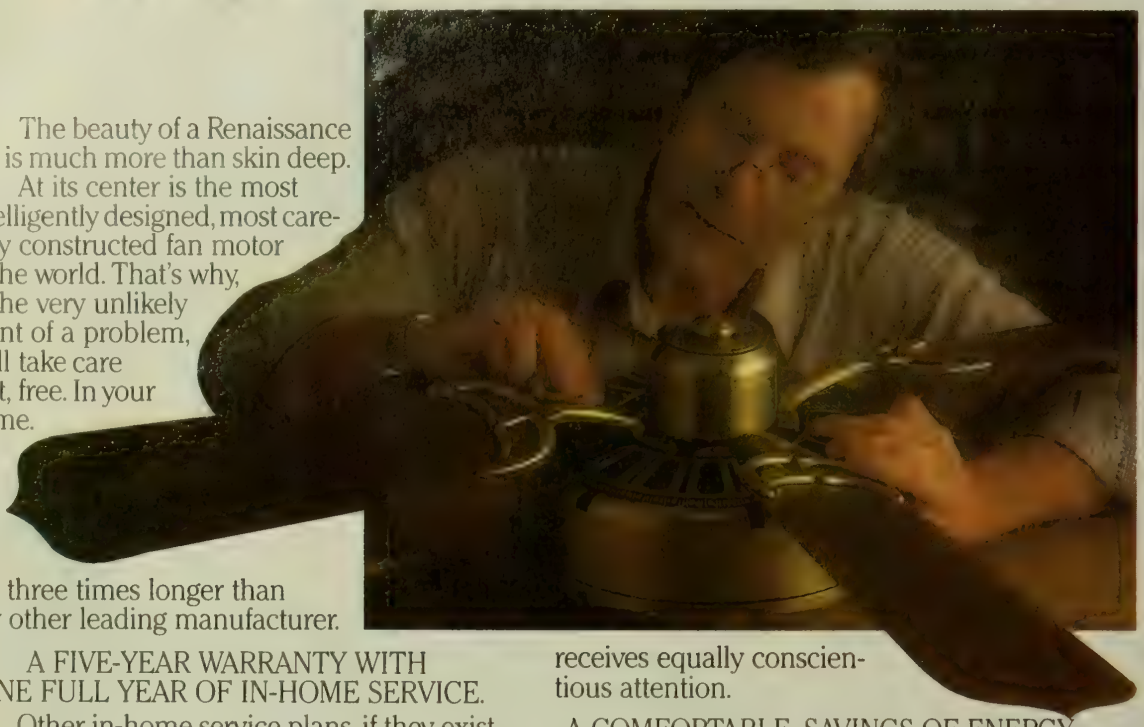


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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

HOW TO WATERPROOF A LOW-PITCH ROOF
Page 28 (top): Two-step roofing system "Liqui-Ply"—The Enterprise Co., P.O. Box 10,000, Wheeling, IL 60090.
BRIGHT FLOWERS THAT GROW IN THE SHADE
Pages 35-37: Burpee Gardens, Warminster, PA 18974. Pearl Seed Co., P.O. Box 31, Greenwood, SC 29646.
SOUTHWEST STYLE
Pages 38-39: Chest, painted table—Jeffrey Adams, 602 Canyon Rd., Santa Fe, NM 87501. Rush chairs—Claiborne Gallery, 701 Canyon Rd., Santa Fe, NM 87501. Rug—Santa Fe Weaving Center, 124½ Galisteo, Santa Fe, NM 87501. Basket, plants—Canyon Road Florist, 423 Canyon Rd., Santa Fe, NM 87501.
Page 40 (top left): Chest, desk—Hansen Gallery, 114 E. Palace, Santa Fe, NM 87501. Painting—Munson Gallery, 653 Canyon Rd., Santa Fe, NM 87501.
Page 41: Table—La Bodega de Rael, 667 Canyon Rd., Santa Fe, NM 87501. Runner—La Mesa, 225 Johnson St., Santa Fe, NM 87501. Chairs—Stendig, Inc., 410 E. 62nd St., New York, NY 10021.
Pages 42-43: Green tables—Jeffrey Adams (address above).
Page 44 (top left): Pot, rug—La Mesa (address above). (Top right): Rugs—Seret Hornig, 149 E. Alameda, Santa Fe, NM 87501. (Bottom right): Mexican chair, chest, jug—Foreign Traders Inc., 141 W. Water St., Santa Fe, NM 87501.
Page 45 (top): Bench, hand-painted fabric—Kitchell Newlon, 149 E. Alameda, Santa Fe, NM 87501. (Bottom left): Chair, table—Life Style Santa Fe, The Inn at Loretto, 211 Old Santa Fe Trail, Santa Fe, NM 87501. (Center): Freestanding cupboards—Smith Stewart, 662 Canyon Rd., Santa Fe, NM 87501. (Bottom right): Wooden chair—Kitchell Newlon (address above).
NEW LIFE FOR A HAS-BEEN HOUSE
Page 103: Roofing "Weathered Wood Bland"—GAF Corp., Bldg. Prod. Div., 140 W. 51st St., New York, NY 10020. Paint—B.P.S. Paint Co., Div. of Insilco Home Prod., Wheeling, IL 60090. Windows—Norco, P.O. Box 309, Hawkins, WI 54530.
Page 104 (top): Range—Jenn-Air Corp., 3035 Shadeland Ave., Indianapolis, IN 46226. Sink—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. Faucets—Hastings Co. Inc., 410 Lakeville Rd., Lake Success, NY 11040. (Bottom): Refrigerator—General Electric Co., Appliance Park, Louisville, KY 40225.
Page 105: Chairs—Hank Lowenstein Inc., 3260 SW. 11th St., Fort Lauderdale, FL 33335. Wire cubes—L.Vernon, 510 S. Fulton Ave., Mt. Vernon, NY 10550.
Page 106 (top): Wallpaper—Marimekko, 555 Madison Ave., New York, NY 10022. Wire baskets—Ello, 1034 Elm St., Rockford, IL 61101. (Bottom): Skylights—Velux-America, Inc., 80 Cummings Park, Woburn, MA 01801.
Page 107: Track lighting—Lightolier Inc., 346 Claremont Ave., Jersey City, NY 07305. Love seat—Bernhardt Furniture Co., 1839 Morganton Blvd. SW, Lenoir, NC 28645. Blinds—Levolor Lorentzen, 1280 Wall St. W., Lyndhurst, NJ 07071.
NEW ORLEANS BOUND! GREAT RECIPES, GREAT VACATIONS
Page 117 (top left): Platter—Copeland & Thompson Inc., 206 Fifth Ave., New York, NY 10010. (Right): Marmalade dish—Imperial Glass Corp., 29th St., Bellaire, OH 43906. (Top right): Lamp—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. (Bottom right): Serving dish "White Racine"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471.
Page 123 (top right): Gumbo bowl—The Great American Stoneware Factory by Western Stoneware, P.O. Box 288, 521 W. Sixth Ave., Monmouth, IL 61462.
Page 125 (right): Platter "Country Brown"—The Great American Stoneware Factory (address above).
PRIZE TESTED RECIPES
Page 161 (left): Plate "Kingswood"—Royal Doulton, 700 Cottontail Ln., Somerset, NJ 08873.
Page 162 (far left): Plate "Monaco"—Sodahl America Inc., 600 Cleveland St., Suite 990, Clearwater, FL 33515. (Center left): Platter "Tavolta Bianco"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471. (Center right): Custard cups—Carbone, 348 Congress St., Boston, MA 02210. (Far right): Baking dish—Anchor Hocking Corp., Fifth & Pierce Sts., Lancaster, OH 43130.
MY TURN TO COOK
Page 164 (right): Plates—The Great American Stoneware Factory by Western Stoneware, P.O. Box 288, 521 W. Sixth Ave., Monmouth, IL 61462. Wooden tray—Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830. Flatware—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549.
SIZING UP SOLAR HOT WATER SYSTEMS
Page 177 (top): Solar system—Solahart, 3560 Dunhill St., San Diego, CA 92121. (Bottom): Solar system—Solar Components Corp., P.O. Box 237, Manchester, NH 03105.
Page 178 (bottom): Solar system—Grumman Energy Systems Inc., 10 Orville Drive, Bohemia, NY 11716. (Top): Solar panels—Alten Corp., 2594 Leghorn St., Mountain View, CA 94043.
GARDENER'S LOG
Page 214: 1984 All-America Selections—W. Atlee Burpee Seed Co., Warminster, PA 18991; Joseph Harris Co., 3670 Buffalo Rd., Moreton Farm, Rochester, NY 14624; George W. Park Seed Co., P.O. Box 31, Greenwood, SC 29647.

IDEAS IN DECORATING

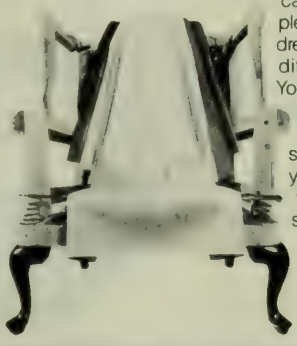


"FABRICS: THE CROWNING TOUCH IN REUPHOLSTERY"

H. Albert Phibbs
F A S I D Interior Designer

Why do homemakers invariably think of reupholstery fabric-first? It's not illogical. Fabric reflects your taste, your style. It carries out your decor. And it should live well. So, if you are reupholstering for the savings and good value, you have another advantage in the extensive selection that reupholstery offers.

A WORLD OF CHOICE. Large reupholstering establishments can carry a thousand samples. Smaller shops have hundreds. You also choose from different grades of quality. You have plenty of room to maneuver within a budget and still find the floral, the small print, the pastel tone you visualized and that works well with your room scheme.



CHOOSING FOR WEAR. Wear is judged by a classic rule: "The tighter the weave the longer the wear." This means: threads to the inch. One inch of fabric with 5 thick threads doesn't have the strength of one inch packed tight with 30 to 40 thin threads. Hold the fabric up to the light. The less light that shows through, the tighter the weave. Natural fibers take color richly. Man-mades have great strength and resilience. Hence, the blendings; Cotton with polyester, or rayon, for example.

A NEW TREND. For real wear vitality, rich color and easy cleanability, leather-look upholstery is appearing in many homes of different decor. It has new fashion importance for the way it sets off a piece of furniture with great polish and style. And it's versatile—as easily at home on a Queen Anne style chair as on a modern pillowback sofa piled with toss cushions.

DECORATOR NAUGAHYDE.® When choosing a fabric, it pays to look into soft, supple Naugahyde. It has the mellow texture of leather with its own unique advantages. It drapes and tucks fluidly, has a pliant hand, and is so rich in color varieties, that it's coming out of the casual room and into the living room with a fresh decorator flair. Among the more than 600 colors are a Delft Blue, a soft Navy, Pimento Red, Terra Cotta, Moss Green, and many soft beiges and grays. It's effortlessly cleanable, too. Compared to a soft fabric covered sofa that can be 85% cleaned, a Naugahyde sofa (and a white one at that) can be 100% cleaned. It's spot and stain resistant so it doesn't need a soil resistant finish. And for durability it's in a class by itself.

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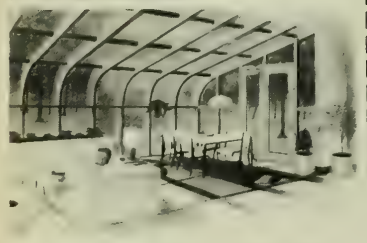
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GARDENING

Watering Container Plants

Your plant-watering habits may be the key to a backyard bright with blooms this summer. Set the stage with a collection of pots or tubs filled with annual flowers. Then, pay particular attention to their need for water to keep them alive and blooming all summer. Plants like dwarf marigolds, sweet alyssum, geranium, ageratum, pansy, petunia, and felicia will thrive in containers if they're given good care.

It's important to schedule watering during the morning hours so that plants can dry off thoroughly before sunset. Wet plants exposed to cooler nighttime temperatures are good candidates for disease. Morning watering also assures plants of moisture during the daytime hours when optimum growth occurs. If night watering is unavoidable, apply water at the base of the plant so that the leaves remain dry.

Daily, mist foliage of ferns and other plants that thrive in high humidity. Misting in the morning allows the plants to dry off completely during the day, rather than to stand damp overnight. On bright, sunny days, the loss of water through evaporation and plant transpiration is much greater than on cloudy days. Be prepared to increase waterings on bright days and hold back on overcast days.

Keep in mind that plants' roots need to "breathe" to absorb nutrients and, at the same time, expel waste materials. If your plants are kept too wet, their roots will slowly choke and plant growth will be affected.

As you make the rounds of your container garden, check the soil in each pot for moisture. If the surface to a depth of an inch or so feels dry, then reach for the watering can. Wilting also means that water is scarce. But plants bounce back quickly when watered, even though drooping leaves look doomed. Remember that clay pots allow water to evaporate quicker than plastic pots.

Better Homes and Gardens

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

/ Ann Lively

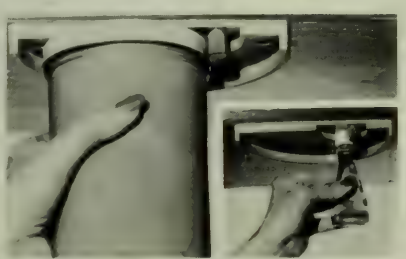
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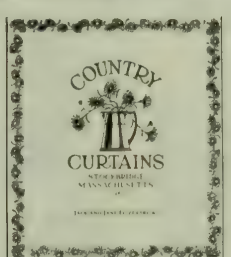
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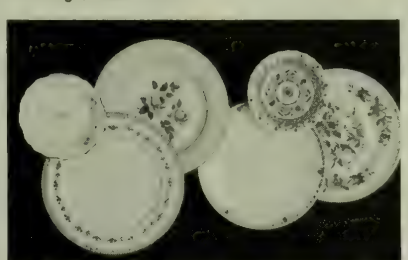
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SHOPPING

How To Order Material From The Magazine

Editor's Choice!









These spicy delicacies from Louisiana's Cajun country have been personally selected by the man who runs the oldest rice mill in America and approved by the food editors of Better Homes and Gardens® to complement the recipes shown on pages 114-126. The Conrad Rice Mill was the first officially designated World's Fair attraction in Iberia Pansh, Louisiana and has been placed on the National Register of Historic Places by the U.S. Government.

Konriko's Best: Contains three 7-oz. boxes of Wild Pecan Rice, one 8-oz. can of Hot 'n Spicy Creole Seasoning, and 2 lbs. of Natural Long Grain Brown Rice.

Konriko's Sampler: Contains one each 7-oz. box of Wild Pecan Rice, 7-oz. box of Original Brown Rice, 7-oz. box of 1912 Style Bran Rice, 7-oz. box of 1912 Style and Wild Rice, and 8-oz. can of Hot 'n Spicy Creole Seasoning.

Cajun Treasure Chest: Contains one each 7-oz. Wild Pecan Rice, 12-oz. Steen's Pure Cane Syrup,12-oz. Cajun Chef Hot Pickled Okra, 8-oz. Hot 'n Spicy Creole Seasoning, 2-oz. Tabasco Brand Pepper Sauce, and 4½-oz. Trappey's Tabasco Peppers. Packed in a handmade Louisiana Pine and Cyprus box that you can use over and over.

Louisiana Hot Stuff: Contains one each 2-oz. Tabasco Brand Pepper Sauce, 12-oz. Trappey's Hot Banana Pepper Rings, 15½-oz. Braswell's Red Pepper Jelly, 6-oz. Trappey's Green Dragon Jalapeño Pepper, 15-oz. Trappey's Jalapeño Black Eye Peas, 3-oz. Cajun Chef Green Hot Sauce, 6-oz. Al's Red Chow Chow Sauce, 12-oz. Cajun Chef Hot Pickled Okra, and 8-oz. Hot 'n Spicy Creole Seasoning. Packed in wicker tray suitable to be used over and over.

Creole Mustard: 9-oz. jar.

Dahlias: Choose from six popular styles of dahlias and create your own unique look like that shown by our gardening editors on pages 108-111. Each package contains 3 Holland-grown clumps in assorted colors.

Decorative Dahlias: Giant dinner-plate-size blooms stand 3-4 feet tall.

Cactus Dahlias: Large, colorful, star-burst-type flower balls excellent for border planting.

Pompon Dahlias: Small ball-shaped flowers in bright rainbow colors.

Top Mix Dahlias: New strain of miniature dahlias that bloom from June until fall. Low growing (10") excellent for edging or window boxes.

Mignon Dahlias: Daisylike single flowers about 15" tall bloom until fall frosts. Excellent for low borders.

Anemone Dahlias: Large-petaled flowers with pincushion centers stand about 1½ feet tall.

Shipping Note—All orders for dahlias will be shipped at the proper time for planting in your area of the country. Dahlias available only until June 1, 1984.

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Page	Description	Qty.	Price	Total
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111	**No. 09119** Mignon Dahlias		$7.00	
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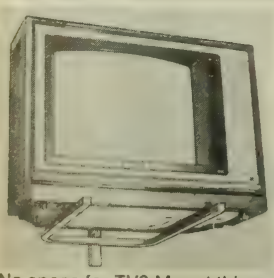
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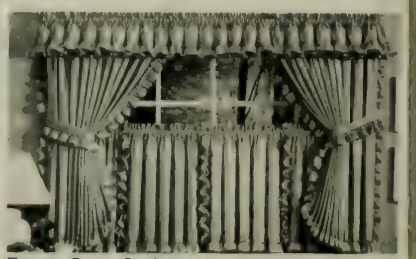
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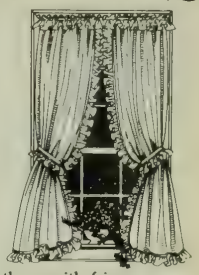
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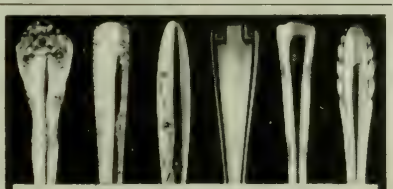
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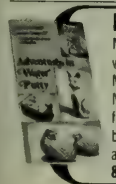
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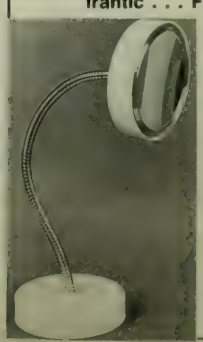


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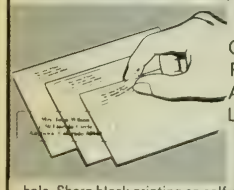
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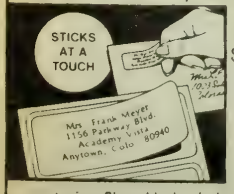
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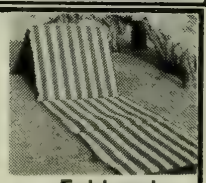
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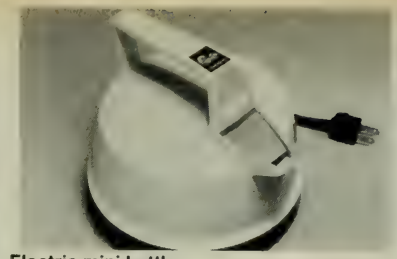
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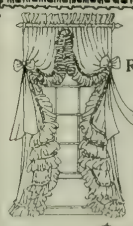
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The Man Next Door®

"When all is said and done in the affairs of business and government," observes editor Earl Reeves, "far more gets said than done."

This year we Hillises have resolved to choose our vacation destination democratically: Each of us gets one vote and our credit union has the final say.

Dick Dresch says it's inevitable that big cars make a comeback—folks are running out of display space for their bumper stickers.

Carry-on luggage is ideal for air travelers, according to Ken Floyd—if they can remember to "carry off."

"One small donation will mean big results," the candidate stated in her campaign letter. And sure enough, now I'm on a dozen political mailing lists.

Talk about cooperation: With only one mature tree in each of their adjoining backyards, the Hendersons and the Newmans have decided to share a hammock over the property line.

"Some folks are born with foolish grins," says my friend Duff Watson, "and others, like me, acquire them when their grandchildren come along."



"Mary worked to put me through college, then I worked and she went to college. Now we're both working to put him through college."



"Good evening. I'm Alfredo, here for your dining pleasure."

Dot Dresch claims that her family is on the coupon diet. "If there's a cents-off coupon, chances are the product will appear on the table," Dot reports.

Tim Hawkins said it hurt when he broke his ankle, but it hurt even more when nobody stopped him at the mall to ask why he had a cast on his foot.

What this country needs, Burt, Jr., asserts, is a good five-cent video game.

Chris and I have reached a milestone in our marriage relationship: This summer we have agreed to take turns mowing the lawn. Now each of us gets every other weekend off to do the hedges.

Aunt Alice contends there's far too much greed and violence on TV these days. As a result, she's swearing off game shows entirely.

Why is it, grocer Bill Hawthorne wants to know, that the folks who complain the loudest about the high cost of food are the ones whose carts are filled with light bulbs, paper products, and hair conditioners?

Last year our town parks department developed a walking/biking/jogging path near our home. The three-mile trail threads through some woods and around a small pond; we can reach it from our backyard.

Now that folks have emerged from the long winter's hibernation, the path has come back to life. At daybreak, the first joggers perform their silent ritual before heading off to work. During the day, the pace slows to an occasional walker or jogger or a parent accompanying some preschoolers on a stroll. Then school's out and the path teems with young daredevils on bikes who swoop down the small rises that undulate the path.

After dinner is when you'll find Chris and me there along with others who are out for an evening promenade, perhaps walking the family dog, too. You stop to visit, compare notes on the weather, the garden, or whatever.

The path is a place for small talk, to be sure. But it's become an important link in a lot of ways. I don't think our town ever made a better investment.

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Teddy, 3; Claudia and Edward Ey; Julie, 5

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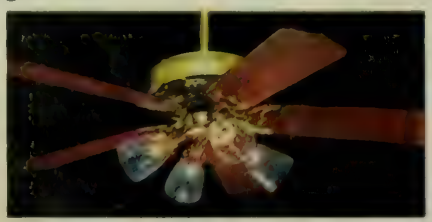


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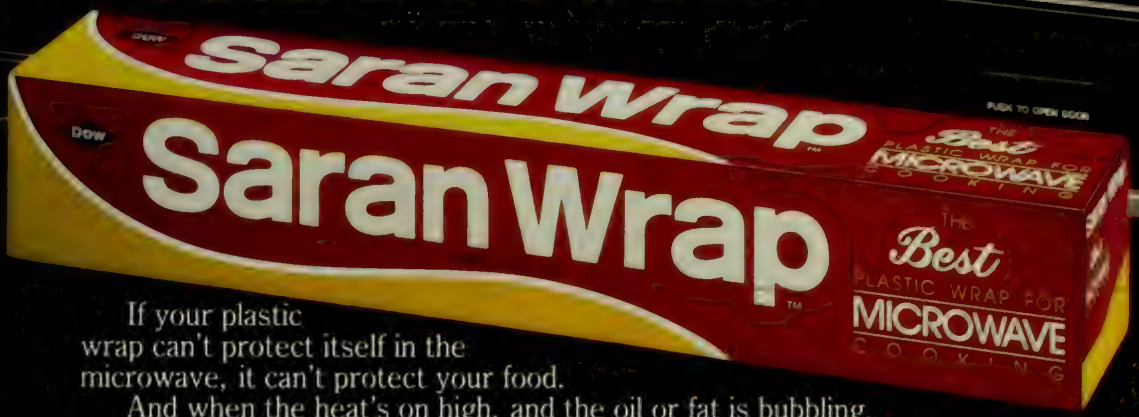
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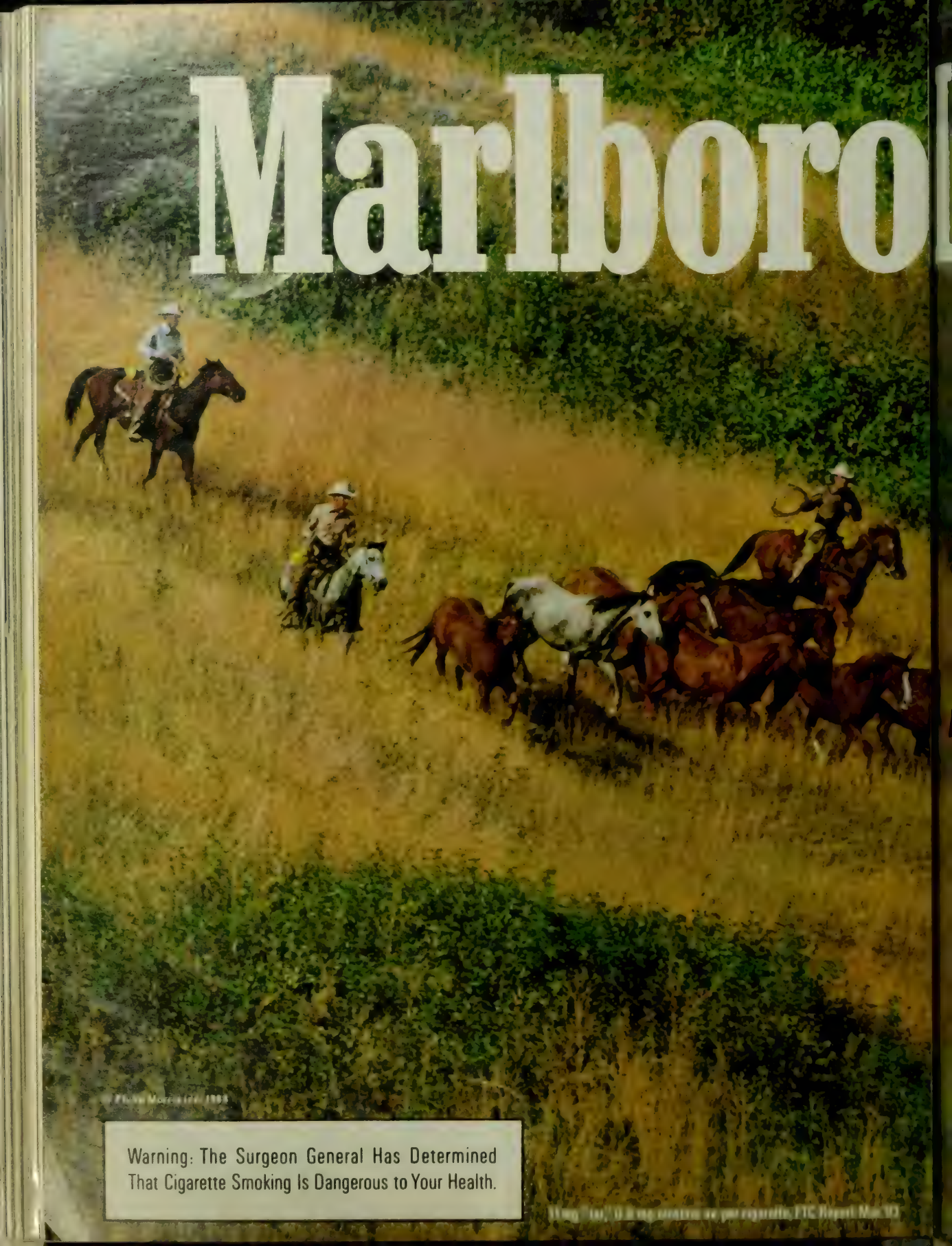
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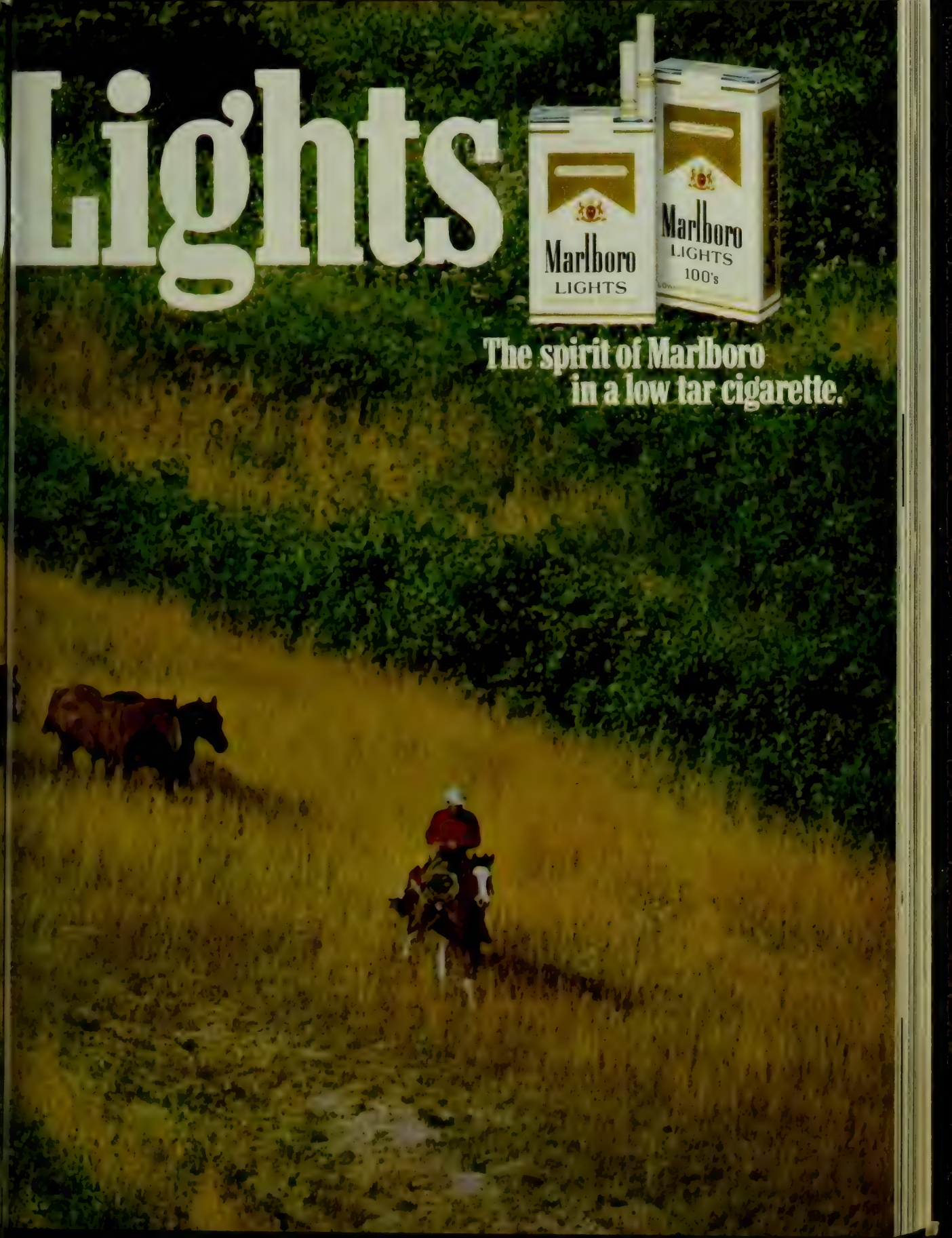
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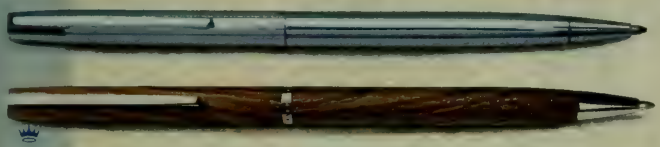
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Thrive® for life!

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To help you speed through the post office, we can take care of certain transactions for you, during especially busy hours, without you waiting in line.

If you're simply picking up a package, for example, look for one of us on duty in the lobby, and in just moments you'll be on your way.

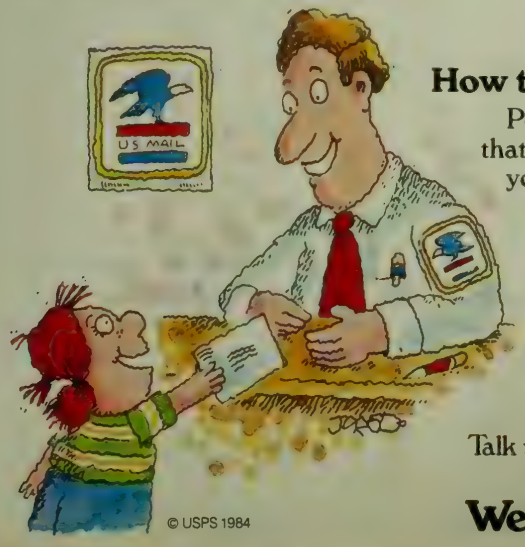
How to get an insurance policy for a package.

If you're mailing something valuable, we can provide insurance coverage.

For a nominal fee, third- and fourth-class mail, as well as merchandise sent by First-Class or Priority Mail, can be insured for up to $400. Registered Mail can be insured for up to $25,000.

Ask your postal clerk about these and other coverage services, and the next time you mail something valuable, you'll be perfectly at ease.





How to talk with your post office.

Postal people want to help you, and they know that an important part of helping is listening. So if you have any questions, ask a clerk. And feel free to fill out Consumer Service Cards, which you'll find at your post office, with your questions or comments. Finally, if you still need help, write to your

Consumer Advocate
U.S. Postal Service
Washington, DC 20260-6320

Talk to us, and we'll help you get our best.

We'll help you get our best.

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THE MUDVILLE GANG LOVES GOOD COOKIN'!

"And my new White-Westinghouse Good Cookin' range cooks while I coach, so when we come off the field, a delicious healthy meal is ready to be served." If the gang around your house is keeping you on the move, maybe you could use a new White-Westinghouse Good Cookin' electric range with:

Automatic Timing Center that cooks while you're involved in other activities.

Exclusive No-Turn Speed-Broil® System that broils on both sides at once for the tastiest steaks, hamburgers and chicken you've ever eaten.

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And all White-Westinghouse ranges are built with quality materials and superior craftsmanship for a long life of energy-efficient good cooking.

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WCI

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You've got the fresh breath new Freedent® cinnamon gum gives. It's the only cinnamon gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.

So go ahead, get close. You've got the fresh breath new Freedent cinnamon gives. A gum you can stay with, without getting stuck on.

Freshen your breath with
non-stick Freedent.



Get new Freedent cinnamon. The only cinnamon gum that freshens breath, without sticking.

rigley Jr Co., 1984

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And the conditioning ingredients will help give your hair more manageability, plus softness and beautiful shine.

SMELL IT.

Discover the new Head & Shoulders fragrance. We've made it lighter and fresher than ever before.

FEEL IT.

We've also improved the way Head & Shoulders controls dandruff. With this improved dandruff control at work, you can feel even more confident about using Head & Shoulders.

And there's no nicer extra than knowing your hair looks as good as it feels.

You'll find new and improved Head & Shoulders works more beautifully than ever. And that's something you'll appreciate every time you use it.



NEW, IMPROVED HEAD & SHOULDERS.

It's a beautiful experience.

What's Happening

IN SEARCH OF GREAT-GRANDDAD

Here are two aids for finding and recording your family history. The National Archives and Records Service of the U.S. General Services Administration has census, military, immigration, and land records. The census list for 1900, for example, gives the name, place and year of birth, and



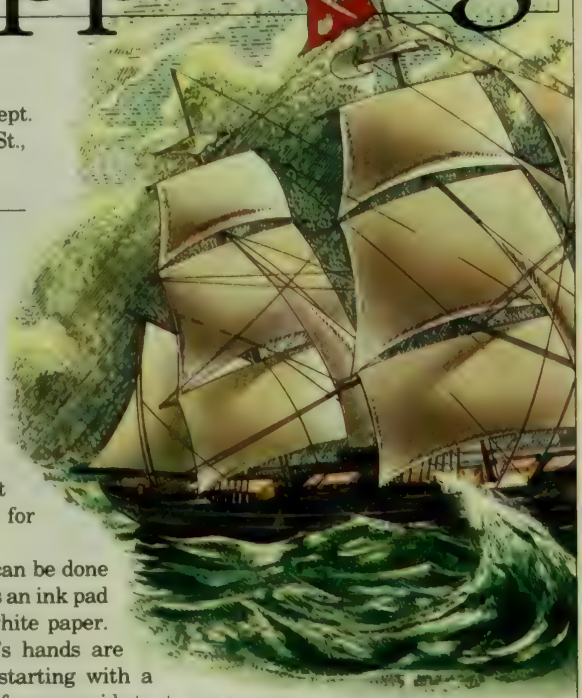
occupation of every person in each household. For a copy of *Getting Started in the National Archives*, send 50 cents to Consumer Focus, Dept. 411-BH, Pueblo, CO 81009.

Another help is journalist William Zimmerman's booklet on how to preserve family traditions, anecdotes, and memories with an audio or video tape recorder. *How to Tape Instant Oral Biographies* is available for $5.95 from Guarionex Press, Dept. BH, 201 West 77th St., New York, NY 10024.

HOME FINGERPRINTING

Recent publicity about missing children prompted several communities to establish fingerprinting procedures in the schools to provide a permanent identification record for each child.

Fingerprinting also can be done at home. All you need is an ink pad and a clean sheet of white paper. Make sure your child's hands are clean and dry. Then, starting with a thumb, roll each finger from one side to the other in the ink. Place the finger on the paper and roll it in the same direction as you did in the ink. Work from thumb to little finger on each hand. Label the prints left hand and right hand; date the paper and file the fingerprints in a safe place for emergency use. Police will find these homemade prints helpful in identifying a missing child.



ARMADA VISITS QUÉBEC CITY

To mark the 450th anniversary of France's discovery of what is now Canada, a summer-long celebration is set for Québec City. Highlighting the festivities will be a visiting armada of sailing ships (June 25 to 30), which will rival the fleet that sailed into New York harbor for the U.S. bicentennial.

The port area of Old Québec will be alive with street performers, maritime exhibits, and seafood stands through August 24. On the St. Lawrence River, crews will compete in sailing events. A Québec City-to-France small craft regatta sets sail on August 19.

For festival, Québec City, and lodgings information, write Tourism Québec, Box 20,000-BH, Québec City, Québec G1K 7X2, or call 800/432-2971 toll free. Accommodations also can be arranged through Eastern Airlines.







$50 FOR YOUR FAVORITE VACATION

What is the favorite vacation your family has taken in the last three years? We'd like to hear all about it. Send us a letter telling us where you went, when, how long you stayed, and why this particular vacation turned out to be your family's favorite. A selected number of vacation ideas will be shared with other readers in a new *Better Homes and Gardens* column called "Family Vacation Favorites." If your family's vacation idea is published, you'll receive $50. We reserve the right to shorten or otherwise edit letters. All letters become the property of *Better Homes and Gardens* and will not be returned.

Send information about your family's favorite vacation to: Family Vacation Favorites, Features Dept., *Better Homes and Gardens*, 1716 Locust Street, Des Moines, IA 50336.

ARMCHAIR OLYMPICS

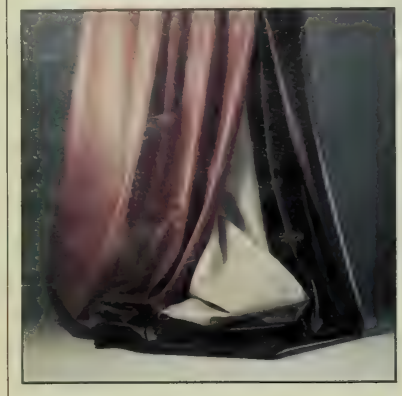
A colorfully illustrated guide, *1984 Olympic Access*, can help you enjoy watching the Olympics on

continued

TV this summer. The comprehensive 96-page guide includes information about every Olympic sporting event, from rules and records to strategy tips and historical data. Send $4.95, plus $1.50 for postage, to Access Press, Box 30706-BH, Los Angeles, CA 90030.

IS IT LEATHER—OR NOT?

With leather looking good on upholstered furniture these days, leather look-alikes also are gaining in



popularity. One of the newest, "Gloveskin," is turning up in dozens of furniture lines, from contemporary to traditional. At less than half the cost of leather, "Gloveskin" is made of 100 percent polyester. It's soft and durable and comes in 11 colors, from black and brown to mauve and even silver.

IRRADIATED FOODS: WAVES OF THE FUTURE

Before too long, supermarkets may be selling dairy, produce, and butcher items stored at room temperature. Irradiation, a preservation process that retains a fresh food's texture, color, taste, and nutrients also extends shelf life. Because irradiation doesn't use heat to kill harmful organisms, foods are preserved without being cooked. FDA approval of food irradiation levels is needed before food producers can initiate commercial use of this new process.

BE CRAFTY AND WIN

Do you have a favorite crafts project that you can complete in an evening, a day, or a weekend? Or a quilt that takes less than a week? Yours Truly, Inc., a crafts supplier, has a contest for quick and clever projects using fabric and needle, glue, or stencils. Grand Prize is $1,000 or a trip to the Houston Quilt Festival in October. The contest closes June 30, so check your favorite crafts or quilt shop for entry blanks and contest rules, or send a self-addressed, stamped, legal-size envelope to Yours Truly, Inc., P.O. Box 80218 HN-BH, Atlanta, GA 30366.

FIRST LADY WINS ELECTION

It was a close race, but First Lady marigold outpolled 11 other candidates to be declared the favorite All-



America Selections flower of all time. Gardeners across North America took part in the AAS 50th Anniversary Race, a survey sponsored by All-America Selections, an organziation that monitors the development of new flowers and vegetables in test gardens around the country. One favorite was from as far back as 1935 (Glorious Gleam nasturtium).

Introduced in 1968, First Lady marigold produces bouquets of light yellow flowers all summer long. The plants grow about 20 inches tall and may bear as many as 50 blooms at one time. Queen Sophia marigold (1979) and Scarlet Ruffles zinnia (1974) tied for runner-up.

Sugar Snap pea, an award winner from 1979, won the vegetable category. Producing 3-inch-long, edible pods on 4- to 6-foot-tall plants, Sugar Snap requires support. Runner-up was Green Comet broccoli (1969).

NEXT MONTH IN BH&G



AMERICANS AT HOME

In this very special issue, we visit with families across the country who demonstrate that the "can do" spirit flourishes in American homes—with outstanding results. You'll meet a couple who built their own home. Others, like the family above, share their ingenious gardening techniques that add beauty to their home and yield a bounty of fresh produce. Still others share decorating, crafts, remodeling, and cooking ideas you can put to use.



CREATING A COUNTRY COTTAGE IN SUBURBIA

Decorating flair transformed this small house into a country charmer. See what you can do with a few choice pieces of furniture, some recycled finds, and lots of imagination.

AND . . . Foods for Family-Style Entertaining . . . How to Re-side Your House . . . Discoveries to Help You Lose Weight . . and more!

It's More you.

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It's slim.
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.


You'll never guess
our deep, dark, delicious secret.
It's only 90 calories.
So go ahead, splurge on Jell-O® Pudding Pops.™ Try deep, dark chocolate, chocolate-vanilla swirl, or chocolate-caramel swirl. All with the goodness of real Jell-O Pudding, so you know they're wholesome. And once you know you can have something this indulgent for about the same calories as an apple or banana, you'll always reach for Jell-O Pudding Pops.
JELL-O
Pudding
Pops
Chocolate
12
90
OR
CALORIE COMPARISON

Dan Kaercher

When It's Smart for a Youngster To Repeat a Grade



Opinions on the subject vary, but one thing is certain: Holding youngsters back is becoming a hot issue in many school districts these days.

Before the early 1960s, it wasn't unusual for a youngster to repeat a grade. After that, the idea of "social promotion" predominated: Youngsters were advanced regardless of their academic progress, in order to avoid any emotional trauma. Now tougher academic requirements are eclipsing the no-failure approach.

If retention is handled properly, the results can indeed be positive, say many educators. "A child who is not ready for promotion needs to be kept back," advises Dr. Louise Bates Ames, associate director of the Gesell Institute of Child Development. Ames is the author of *Is Your Child in the Wrong Grade?* (Modern Learning Press).

Dr. Ames advocates starting youngsters in school and subsequently promoting them according to their behavioral age rather than their chronological age. She warns that "overplacing" can establish a pattern of failure and discipline problems.

Others concur, but add that simply retaining a child is not enough. Dr. Suzanne Busch, an educational consultant and instructor in pediatric psychology at Washington University Medical School in St. Louis, says that most youngsters don't benefit from simply repeating a grade. "You need to find out why the child is not learning," Dr. Busch says.

Why are youngsters retained?

Usually it's because a youngster is either immature or has not mastered the basic skills at his grade level. Too often the child is considered lazy when expectations simply are too high.

Generally, retention is more likely to benefit a "late bloomer" who does not have a specific learning disability or any other physical or emotional disorder that impedes progress in school. It's not at all unusual for a child, particularly a boy, to be behind physically or mentally in the early years.

If, on the other hand, the youngster shows the same physical, intellectual, and social maturity as his peers, other explanations need to be considered, says Dr. Samuel G. Sava, executive director of the National Association of Elementary School Principals.

Sometimes the difficulty is a mismatch in learning styles, a problem that's receiving more attention in many schools today (see "Trends Worth Watching in Our Schools," *Better Homes and Gardens*, May, 1983). For example, a child who has serious difficulty discriminating between sounds may benefit initially from sight reading more than phonics. Or a child may first learn to spell better by repeating words aloud rather than writing words out. If the school can target the way a child learns best and individualize instruction, the youngster often succeeds.

Most retentions occur in the lower elementary grades, particularly in kindergarten and first grade. Even before kindergarten, a youngster's parents may be encouraged to have him wait an extra year before starting school. Educators agree that repeating a grade can do the most good and is least awkward early in the school career. It's also the time when parents have the most say about holding a youngster back.

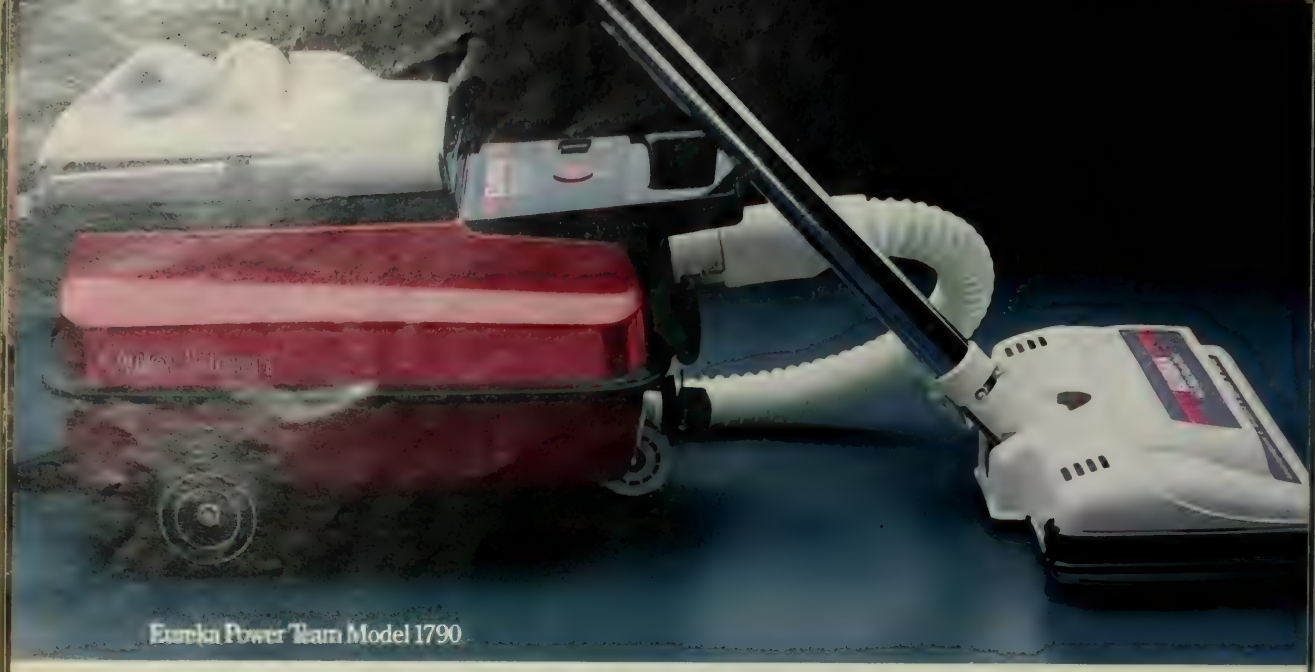
How should the issue be handled?

Retention should never come as a surprise or a shock. Problems usually are apparent in the fall of the year, and that's when parents and teacher should meet to discuss concerns. The school principal and support staff members, such as a counselor and psychologist, should be consulted to determine what diagnostic tests are necessary.

It's best to share concerns openly with the school from the start. "Parents often tend to view the school as an

continued

Photographs: George Ceolla



HOW COULD SUCH A POWERFUL VACUUM CLEANER BE SO quiet?

Alas, space does not permit a lot of engineering details in this ad.

Let us just say that the new Eureka Vactronic™ Quiet Kleen® Power Team is the most powerful, advanced and versatile vacuum cleaner we've ever made.

Yet even at full power, this cleaner is exceptionally quiet.

When you want to reduce power, to clean drapes, for example, the Quiet Kleen becomes even quieter.

The Quiet Kleen has a state-of-the-art Vactronic power control that uses solid state electronics to adjust the suction power of the motor. Simply set the control for the exact power setting you need.

There's also a foolproof sensor inside the canister that always knows when the bag needs changing. A red light turns on when it's time for a new bag.

Naturally, there are attachments for cleaning bare floors, curtains, drapes, upholstery, deep crevices and for dusting.

For carpets, there's a motorized carpet cleaning attachment that beats carpet fibers like an upright to loosen the hidden dirt, while the motor in the canister sucks the dirt up and away.

The new Vactronic Quiet Kleen is our finest cleaner.

See it—and hear it—at your Eureka dealer.



EUREKA. Gets dirt you can't see.

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Euroclean Canada, Inc., Cambridge, Ontario.

Repeating a grade

adversary. They hope their child will 'get by,' but that's wrong. The problem usually shows up later," says Helene Gerstein of the Department of Instruction and Professional Development at the National Education Association.

Further evaluation by a pediatrician, child psychologist, pediatric neurologist, optometrist, speech pathologist, or hearing specialist may be recommended to rule out any suspected physical, psychological, or neurological problems. Then the child should be closely monitored until another conference in the third quarter when the the final decision usually is made.

In most school districts, you have the final say if you strongly disagree with the school's decision to retain your youngster when the retention is not based strictly on the results of a competency test required for promotion. If tests reveal that your youngster's problems are the result of a disability, you have the right to request special education services and an individualized education plan (IEP) for your child.

If everyone agrees that the best alternative is for your youngster to repeat the grade, make it clear to the child that he's not being "punished" in any way. Explain that everyone develops at different rates.

Don't take the retention as a personal failure (many parents do). Parent attitudes are a major influence on how a child handles the situation. To build your child's self-esteem, involve him in outside activities that offer opportunities to excel, such as sports.

How can problems be avoided?

These days many parents push not only to enroll their children in school as soon as possible, but also to have kindergarteners and even preschoolers doing what once was considered first-grade work (see "Preschool Education: A Good Idea for Your Child?" *Better Homes and Gardens*, October, 1982). "I'm very concerned about the superbaby syndrome," says Sava.

Many school districts are offering extensive prekindergarten screening to avoid the need for retention later. If it appears that a child may have problems, he or she spends another year at home or preschool, or is monitored carefully throughout the kindergarten year. If, at the end of the school year, the child still is not ready for first grade, the parents have the option of placing the child in something called a transition class. There the youngster might study first-grade subjects, but in a less structured setting than the first-grade classroom.

What about retention in the upper grades?

Too often, a youngster who is having serious troubles in the upper grades simply drops out just as soon as he or she can (at age 14, 15, or 16, depending on state requirements). The academic difficulties often are associated with adolescent behavior problems. While parents of children in the elementary grades ordinarily have the final say about whether or not their child is held back, it's usually the school district that mandates the decision in the upper grades.

However, many school districts have programs that soften the blow and discourage dropping out with remedial instruction tailored for the student's individual problems. Summer school is widely used to help older students catch up. So are programs that present the required academic subjects in the context of a student's career/vocational interests.

How can you tell if your child is having problems?

Often parents are the first to sense that a youngster is having problems at school. Here are telltale signs to watch for at home:

- a youngster who often comes home exhausted after a normal school day
- constant complaints about stomachaches and headaches that are unrelated to any physical illness
- abrupt mood changes associated with attending school; a normally relaxed and happy child becomes quarrelsome and cranky
- frequent complaints from the school that the youngster teases other children, daydreams, is unreasonable, or has other discipline problems
- extremely rebellious, frantic behavior when the youngster is asked to do routine schoolwork or homework.

Before you decide about retention . . .

It's an important decision. Here are some guidelines:

- Find out exactly what the school expects your child to achieve at his grade level in key subjects, and check on his progress often.
- Rule out any specific learning disability, emotional disorder, or physical problem (such as speech, hearing, or vision difficulties).
- Don't accept generalities from school officials. For instance, if the teacher tells you that "Johnny doesn't pay attention," find out when Johnny doesn't pay attention, what corrective measures have been tried, and what the results were.
- If you find yourself objecting to the idea of retention, make sure that it's not just because your pride is wounded. Talk things over calmly and objectively with school officials. Don't jump to the conclusion that the teacher is "out to get" your child.
- Explore all options for supplemental tutoring, summer school, and remedial instruction with school officials. Find out if the school is willing to try alternative instructional methods with your youngster. But don't expect any one-on-one tutoring to magically solve problems, especially if the problem hasn't been specifically identified.
- Sit down with your youngster and go over a concept he's having trouble understanding at school. Does he understand the idea when it's presented one-on-one? If so, the problem may result from anxiety in the classroom.
- Should you move to a new school district, keep in mind that this can be the ideal time to hold a youngster back, when the youngster starts fresh with new teachers, friends, and classmates.
- If you feel that your youngster's problem is the teacher, ask for reassignment. Schools are not required to comply, but most will, and usually with the teacher's full cooperation.
- Remember that all children have episodes during their school careers when they are less than happy and well adjusted. Don't jump to the conclusion that your child is failing because he or she has an off day now and then.

—With Betsy Mayfield

Gerber Nutrition Report
Answers to questions parents ask us.

Is my baby ready for family foods?

Babies' needs vary, but many family foods should not be fed during the first year. During the transitional second year baby food will continue to play an important role in the diets of most young children.

More Nutrients Per Calorie

During the first year a baby's birth weight generally triples. Because of this rapid growth, a baby requires a higher nutrient-to-calorie ratio than older children and adults. To insure the necessary nutrient level Gerber specially formulates each jar of food so that every ingredient fulfills a specific purpose. Generally, Gerber Foods provide more nutrients per calorie than many comparable adult foods.

Appropriate for Immature Digestive Systems

In addition to having high nutrient demands, a baby has not yet developed a digestive system mature enough to handle many table foods. And a baby's system cannot yet process the levels of salt and other seasonings present in many family meals.

The Proper Caloric Content

That's why Gerber is careful to offer a wide range of products that provide the caloric levels most beneficial for a baby's developing body system – without inappropriate amounts of salt and other seasonings.

The Right Variety

Gerber prepares more than 150 ready-to-serve varieties, including Strained Foods with the puréed consistency most appropriate for a beginner, and Junior Foods with the particle sizes that will help encourage your baby's maturing chewing abilities.

So with Gerber you can be sure of serving the foods best suited to your baby's still-growing needs.

If you have any questions about your child's specific dietary needs, consult your health care professional, and feel free to write us at "Ask Gerber", P.O. Box 500, Fremont, Michigan 49412.





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We've learned a lot about food because we care a lot about babies

Dan Kaercher

Finding the Best Day Care For Your Child



Finding the best child care arrangement can be the most worrisome dilemma that working parents face. There simply aren't enough options available, especially if the child is an infant or toddler. But new developments promise to bring more flexibility. What are the options? What's best for your child? Here's a guide designed to help you make the right choice.

Child-care alternatives

● ***Family day care.*** It's also known as "invisible" day care since there are no signs out front or listings in the Yellow Pages. Yet each day more children are



cared for in someone else's home than in any other arrangement outside the child's own home. Usually one person, perhaps a relative or a friend, cares for six or fewer children. Many parents prefer the homey atmosphere of family day care, with its small group of children of different ages, rather than a larger, more institutional center.

● ***Day-care centers.*** In the past, most centers cared for children aged 3 to 5; now many accept infants as young as 6 weeks. The distinction between preschool and day care has blurred as more centers offer educational programs and more preschools offer full-day care. Churches are a major supporter of day-care centers. The profit-making chains with names like Kinder-Care and Children's World are flourishing as well. They emphasize convenience, especially for parents who have several children.

● ***Cooperatives.*** For parents who have the time, commitment, and desire to be involved, cooperatives offer more control over what happens during the child's day. Parents comprise the board of most cooperatives and hire teachers, manage finances, and set goals. When work schedules permit, parents can take turns at staffing the center, which may be affiliated with a church, school, or other civic organization.

● ***Before- and after-school care.*** Community organizations are responding to the needs of "latchkey children" with a variety of before- and after-school services. Many school districts provide parent-funded child care in public school buildings. YMCAs and YWCAs offer similar services. There are telephone reassurance programs, too, for youngsters who come home to an empty house and need an adult to talk to about fears or concerns.

● ***Public school for 4-year-olds.*** Formal education is starting earlier and earlier these days. Many parents view this as the best child-care option for youngsters of this age. Some school districts offer free, half-day programs for 4-year-olds. After school, child-care providers pick up youngsters for the remainder of the day. School districts also are extending half-day kindergartens to full days.

● ***Employer day care.*** To the disappointment of many working parents, employers have not rushed to develop on-site day-care centers. But a few employers are offering subsidies, usually called vouchers, either directly to parents or to a local day-care center. Information and referral services (see box on page 27) also are winning financial support from employers. On-site day care has been most successful at hospitals, which rely heavily on women to work weekends and evenings when most day-care centers are closed.

Costs and credits

After housing, food, and taxes, child-care is the biggest expense in many family budgets. What you pay depends on your needs, the number and ages of your children, the type of care you choose, and where you live. In general, expenses for home-based family child care are substantially less than what comparable services cost in a day-care center. One recent survey reported costs of $45-$75 a week for preschoolers. Costs are higher for toddlers and higher still for infants.

The federal Child Care Tax Credit allows parents to claim a credit of up to 30 percent of their child-care costs for families with an adjusted gross income of $10,000 or less; at

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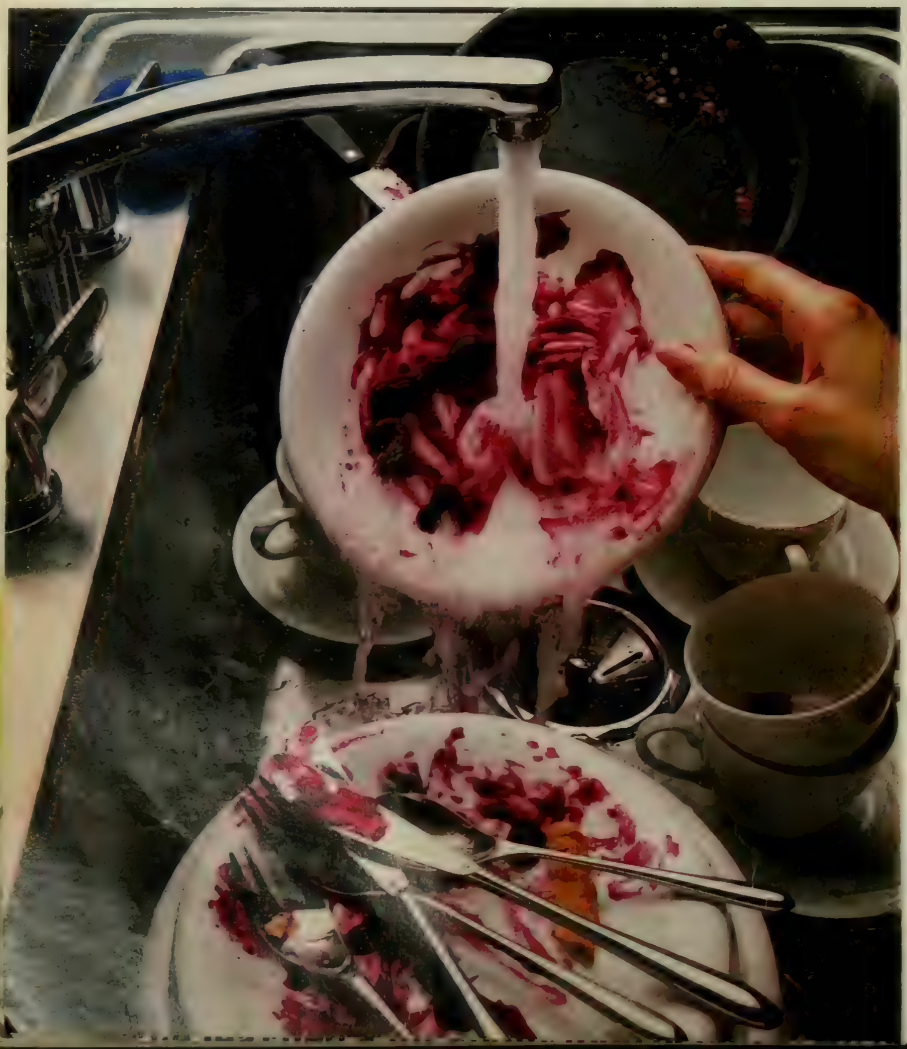
Photograph: Hopkins Associates

The new KitchenAid® KD-21 dishwasher will revolutionize the way you do dishes—actually let you go right from the table to the dishwasher.

So now you can skip the rinsing. And your dishes will *still* come out cleaner than ever.

This is no ordinary dishwasher. It has a unique triple filtration system, with a hard-food disposer, that grinds up and washes away bits of food.

THE NEW KITCHENAID® DISHWASHER. YOU'VE JUST RINSED YOUR LAST DISH.



Even an occasional olive pit is no problem. (Naturally, you'll want to drop bones or large food pieces in the trash can.)

We're convinced this is the best dishwasher money can buy. But don't take our word for it. An independent testing lab proved the new KitchenAid dishwasher cleans better than GE, Maytag, Whirlpool and Sears.

If you'd like to see the results, write us. Better yet, stop in and talk to your local KitchenAid dealer.

After all, haven't you done enough rinsing?



KitchenAid
For the way it's made

Day care

the top of the scale, the credit is up to 20 percent for families who have incomes of $28,000 and up. The credit amount doubles if you have two or more children (no matter whether you have two, four, or ten children).

You may claim the credit even if the care giver is a relative who lives with you and provides care in your home (but not if you claim the relative as a dependent). The IRS now includes the credit on short form 1040A, so you can apply even if you don't itemize.

The federal Dependent Care Assistance Plan is a tax boost for child care that involves employers. The plan makes child care a nontaxable benefit for employees, thereby encouraging employers to offer options like flexible spending accounts and vouchers to parents for all or part of day-care expenses.

Flexible spending accounts permit employees to allocate a portion of salary for child care. The accounts also enable employees to trade part of their vacation time for financial help with child care. Most employers who offer flexible spending accounts choose a form called salary reduction: Instead of paying a $30,000 salary, the company pays $27,000 in cash and $3,000 in pretax money for child care.

Tips for choosing child care

Group size

- When choosing quality child care, remember: The more staff people and the fewer children, the better. In a smaller group (with the same size staff), care givers spend more time assisting, interacting with, and teaching children. Studies have shown that in smaller groups youngsters are more cooperative, feel freer to converse and develop their verbal skills, and are less apt to aimlessly wander.
- Don't rely on state licensing standards to guarantee reasonable group size; these are minimum standards and they vary considerably. The National Day Care Study suggests that maximum group size should be 18 for children aged 3 to 6, and six for children aged 2 and under, with at least two adult care givers present in either situation. Larger groups and fewer adults seriously hinder learning and developmental gains.

The staff

- Staff qualifications are critical. It's a big plus if the care giver has a degree in early childhood education (different from a degree in elementary education), or a credential called the CDA (Child Development Associate). Over half the states have adopted CDA certification as one of the minimum requirements for licensing.
- Even more important than a care giver's academic credentials, especially for younger children, are personal traits. Look for a warm, caring person who complements your approach to child rearing. Make sure that the person will spend as much time as possible personally supervising your child.
- Be sure that your educational and developmental objectives for your child are in harmony with those of staff members. You may want a schoollike program with lessons and emphasis on prereading skills. Or, you may feel that formal learning should be secondary to opportunities to play, experiment, and discover independently.
- Keep in mind that for-profit centers typically allocate far less of their budgets to salaries than do nonprofit centers. Many chains pay their staffs less than other centers and are located in states where they are not required to have as many care givers—a big potential drawback to quality care.
- At the same time, remember that many family day-care providers are unregulated. Although most states try to regulate care givers, an estimated 90 percent remain "underground."

Observing

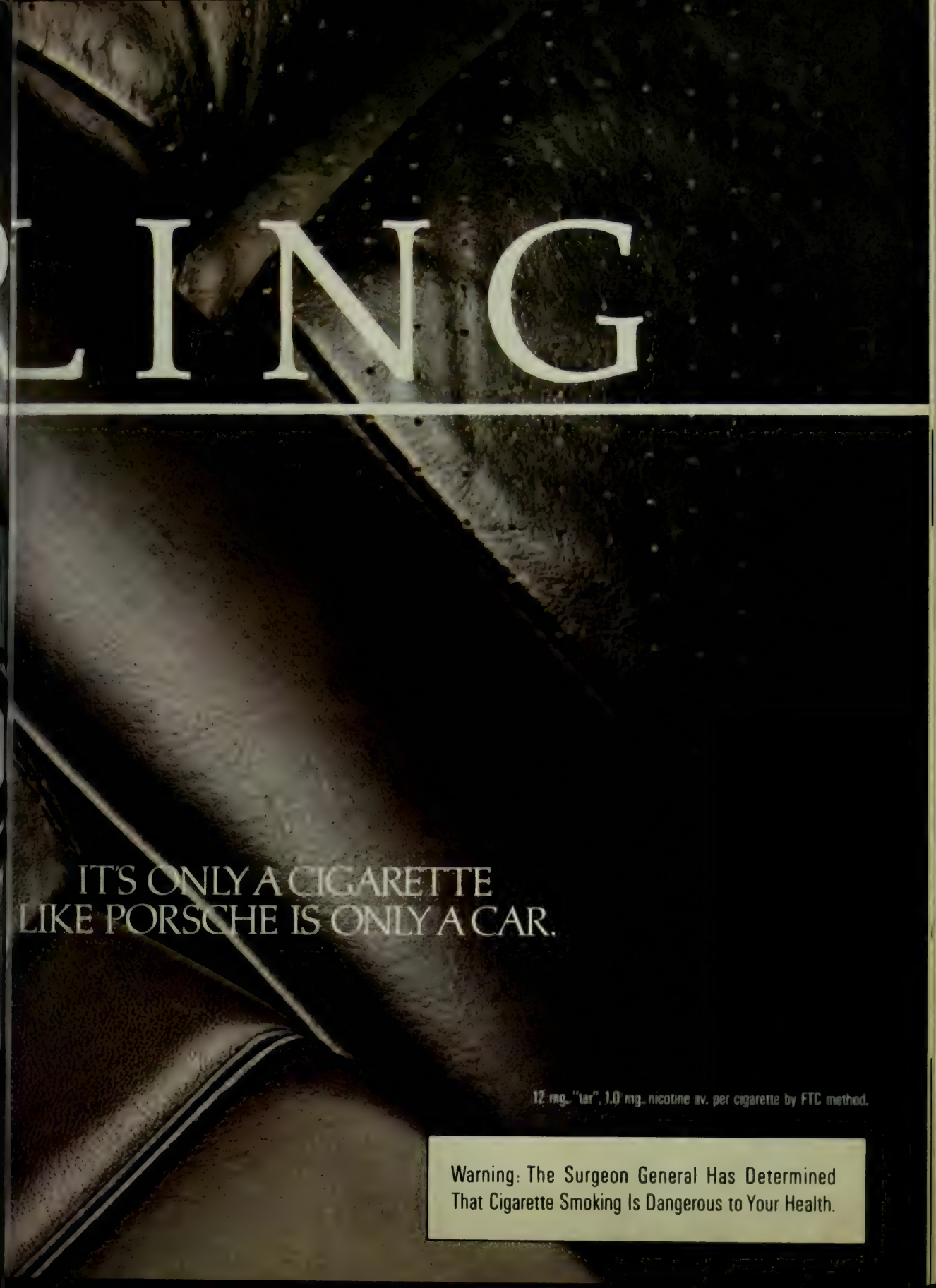
- Spend at least an hour at any child care center that you're seriously considering. Pick out a child whose behavior is similar to your youngster's. Watch how the teachers respond to him or her as an individual.
- Observing family child care may make you feel like an intruder in someone else's living room, but remember that you have every right to be there. Take a deep breath and ask if the dog ever bites, why there aren't plug covers on electrical outlets, and what's served at snack time.
- Children become "people weary" after spending a long time in a group. Be sure there are varied opportunities for youngsters to unwind and pursue individual interests, either alone or in small groups. Note the amount of time children spend actually engaged in activity, rather than just wandering.
- Youngsters need appropriate activities and toys for their ages and developmental stages. Look for mirrors, soft toys, and colorful mobiles for infants. Toddlers should have blocks, puzzles, slides, steps, and rhythm instruments. Preschoolers should be able to try finger painting, singing, gymnastics, and other developmental activities.
- Make sure that there are large indoor and outdoor play areas for rough and tumble physical activities and games. See that your child will get plenty of healthful exercise and a chance to simply let off steam.
- Ask about medical arrangements and inspect for cleanliness, especially in the kitchen and bathroom(s). Is there a nurse available nearby or on call? Are parents informed promptly if a contagious illness is identified? Some child care centers are notorious breeding grounds for infectious illnesses, so be vigilant. If meals or snacks are served, ask about the menu plan and how food is prepared. Find out if special

continued on page 32

Information and referral services

"I&Rs" are a boon to parents who need help deciding what kind of child care is best for them and what's available in their communities. In cities like Minneapolis and Hartford, employers have joined to sponsor such services to counsel employees. In many communities, I&Rs are funded by parent fees of, say, $15-$20, or by government or United Way agencies. Where you live, your child's age, how much you can afford to spend for day care, and your work hours are taken into account. There now are about 150 I&R centers nationally; more than 50 are located in California, which subsidizes the centers with state funds. To learn about the I&R service nearest you, send a business-sized, self-addressed, stamped envelope to Patty Siegel, Executive Director, California Child Care Resource and Referral Network, 320 Judah, Suite No. 2, San Francisco, CA 94122.


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continued from page 27

Day care

diet restrictions or preferences will be honored.

Other considerations

- Specify any details about fees, how you will pay and when, hours, and so forth. How flexible is the center or care giver? What if you have to work late some evenings?
- Be sure that the care giver has your phone number and address at home and work, as well as the number and address of someone else who can pick up your child in an emergency. Also provide your doctor's phone number and talk about your child's fears, schedule, and favorite activities.
- Don't just pick up your child at the end of the day. Go inside the center and visit. Expect periodic conferences. Get your youngster to talk about his or her day. Feel free to drop in to observe at any time—it's your right.
- It's natural to experience anxiety when you place your youngster in child care. Reassure yourself that you've taken the time to choose the best arrangement. Help your youngster by sending along a favorite blanket or toy and a photo of yourself or the family. Discuss apprehensions openly.

For further information

- The Child Care Action Campaign is a new organization formed to focus attention on issues in child care. For a free list of 25 single-page information sheets available on child-care topics, send a self-addressed, stamped (20 cents) envelope to C-CAC, Box 313, New York, NY 10036.
- Dr. Thelma Harms and Dr. Richard Clifford of the Frank Porter Graham Child Development Center at the University of North Carolina at Chapel Hill have developed *The Day Care Home Environment Rating Scale,* an observation guide for parents. For a copy, send $2.50 to Dr. Harms at the Center, 500 NCNB Plaza, Chapel Hill, NC 27514.
- For free brochures on how to start a center and how to choose an early childhood program, send a self-addressed, stamped envelope (20 cents postage for each brochure) to National Association for the Education of Young Children, 1834 Connecticut Avenue, NW., Washington, DC 20009.
- For a free *Parents' Checklist for Day Care,* write to Dr. Raymond C. Collins, Administration for Children, Youth, and Families, Department of Health and Human Services, Box 1182, Washington, DC 20013.
- Parents who want to start a day-care program in cooperation with civic groups, churches, or schools can order *School-Age Child Care: An Action Manual,* available for $14.95 postpaid from School-Age Child Care Project, Center for Research on Women, Wellesley College, Wellesley, MA 02181.
- Training makes a big difference in the quality of family child care. The Children's Foundation offers information and technical assistance to day-care providers. Write to Lori Weinstein, Children's Foundation, 1420 New York Avenue NW., Suite 800, Washington, DC 20005.

—With Irene Pickhardt, an Austin, Texas free-lance writer, mother, and day-care consumer







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Gardener's Log

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In the leafy month of June,
That to the sleeping woods all night
Singeth in quiet tune.
—*Samuel Taylor Coleridge*



Water Lily

IN THE NORTH

Create a water garden

The exotic blooms of tropical ponds enhance yards this month. Easy to grow, aquatic plants thrive in submerged soil-filled pots. Your own water garden can be as simple as a metal tub or wooden barrel, or as elaborate as a sunken pool.

June, when your vegetable and flower gardens take less time, is a good month to start a collection of water lilies. Demanding little attention for the long-lasting rewards they offer, water lilies require only sunlight and quiet water to produce breathtaking blossoms from early summer till frost. Both standard and pygmy types are available, and many varieties are fragrant.

Water lilies are divided into two groups: hardy and tropical. Hardy kinds will live for many years if they're given the proper winter protection. For best results, remove the tubers of hardy water lilies in late fall and store them in a cool, dry location indoors; replant in the spring.

Tropical water lilies are treated as annuals in colder climates. They live for one season only, allowing you to try a different variety each year. Some tropicals bloom during the day, and others at night. For blossoms around the clock, select a mixture of day- and night-blooming varieties.

Among the hardy water lilies, try Gladstone (white), Rose Arey (pink), Sunrise (yellow), Attraction (red), or Comanche (changing from apricot-yellow to coppery bronze). In the tropical water lily category, select day-blooming varieties such as Mrs. George H. Pring (white), Aviator Pring (yellow), Director Moore (purple), General Pershing (pink), and Mrs. Martin E. Randig (blue). Favorites among the night-blooming tropicals include Emily Grant Hutchings (rose-red), Mrs. George Hitchcock (pink), and Juno (white).

To make a water garden, choose a watertight container at least one foot deep. Plant one standard tuber per 20-inch planting container; an eight-inch pot will accommodate one pygmy. Fill the pot half full with garden soil. (Do not add compost, peat moss, or dry manure to the soil.) To provide a constant supply of nutrients, add a slow-release fertilizer to the soil. Next, place the tuber in the center of the pot and spread out its roots. For hardy water lilies, add enough soil to position the crown at the soil line. A tropical water lily should be planted so that the crown of the tuber shows just above the soil line.

After the tuber is planted, cover the soil with a layer of sand or pea gravel, making sure that the crown is still exposed. Sink the pot in the water-filled container; if necessary, elevate the pot on bricks until the top of the soil is six to eight inches below the water's surface. For added interest, stock your water garden with koi carp or goldfish.

IN THE SOUTH

Plant hibiscus

Hibiscus will provide a spectacular floral show from midsummer till frost. Producing red, white, or pink blossoms on five-foot-tall plants, hibiscus is often used as a hedge. Individual blossoms are six to 12 inches across. Plant nursery-grown stock this month in the full sun, in moist, well-drained soil.

IN THE WEST

Move houseplants outdoors

June is a good time to move your houseplants outdoors for the summer. While many of them benefit from direct sunlight indoors, most will perish if set in the full sun outdoors. For best results, set houseplants on the north side of your house, or in a shaded area.

Buying information, page 175.

Illustration S. D. Schindler

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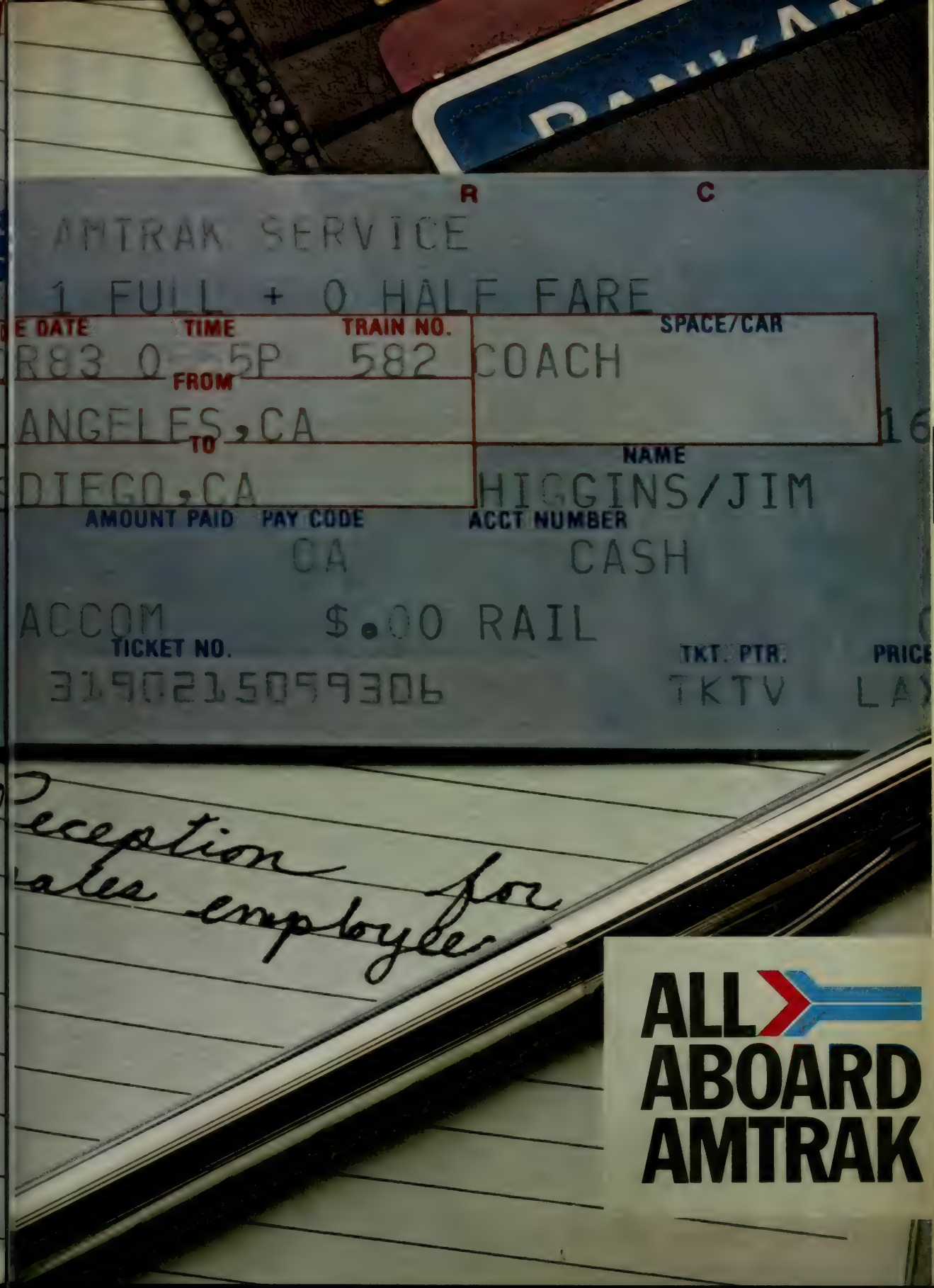
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Outdoor Living Projects

TO SPRUCE UP YOUR YARD

By David Haupert, CarolAnn Shindelar, and William L. Nolan

Back in January, June seemed about three years away. But a handful of heat bills and countless storms later, you're at last able to tackle those outdoor living projects you've been fantasizing about since last fall. In case you haven't settled on any final details yet, here are 19 ideas to consider. Most of them solve a problem of some kind; a few are just plain fun. But all 19 can help you make your outdoor activities even more enjoyable this year.



Back-of-the-house extension

As this home demonstrates, you don't have to set your building sights very far from the house itself. These homeowners simply added an outdoor extension to the back of their house, on the same level as the main floor. Permanent seating outlines two sides and angles across a corner, forming a natural niche for the table and bench.

Photograph: Jordan Miller. Table and bench design: Bert Gleicher. Landscape architect: George Fuller. Field editor: Pauline Graves

ACTIVITY CENTERS



Outdoor gym

The entire Scout den could keep busy on this rugged play structure, *(right)*. An upper-level ramp leads to a lookout post that doubles as an overnight pad for sleeping bags. The ladder down the side serves as a quick escape route if needed. A rope swing, trapeze and rings, and horizontal bars—all supported by rugged outrigger beams—are located above the sandbox to cushion falls. All posts supporting the structure are 4x4s; brass rails fill in the upper-level openings to protect younger children.

To order Plan No. 50503, see page 173.

Photograph: Ernest Braun. Architect: Peter Golze. Field editor: Helen Heitkamp



Compact play unit

If you have a tiny lot, try this project for size: a raised platform, three swings, a permanent ladder, a rope ladder, a set of rings, and a chinning bar—all contained within a 4x6-foot rectangle *(right)*. Five 4x4 posts form the base; the cantilevered swing support is a 10-foot-long 2x6. Use 2x4s for the platform framing, 1x6s for the flooring, and a section of electrical conduit for the chinning bar.

To order plan No. 50504, see page 173.

Photograph: Hopkins Associates. Structural design: Raleigh Foss. Field editor: Pat Carpenter

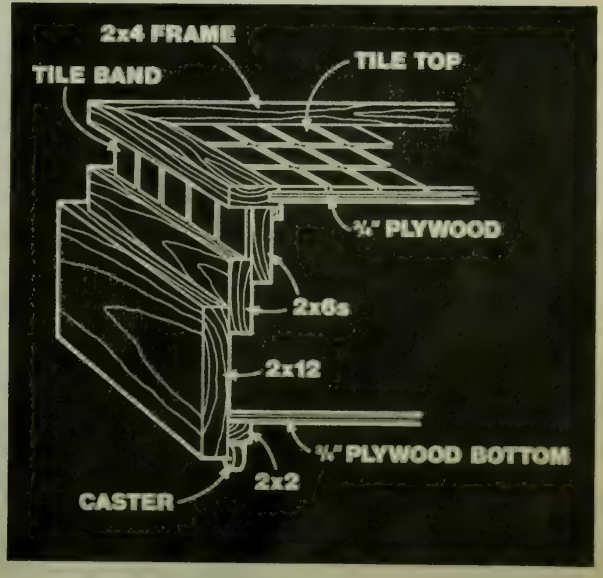


Super deck seating

Wrapping your deck with a blue-tiled bench is a sure way to draw a crowd—and once they've settled in with fat, fluffy pillows and good conversation, the party may last for hours. The bench seats are built of 2x4s on edge, and the backs are capped to provide a safe ledge for food and drinks. To the right of the bench, a planter box continues the blue-trimmed theme. And to the left, a tiled table on rubber casters *(below left)* opens to reveal a boxful of storage space for yard tools, outdoor play equipment, and barbecue supplies. The box is easy to build from dimension redwood *(below right)*. When needed as a table surface, the unit can be wheeled to any spot on the deck.

Photographs: Jordan Miller. Design: Richard Silver and Jim Galvin. Field editor: Sharon Haven

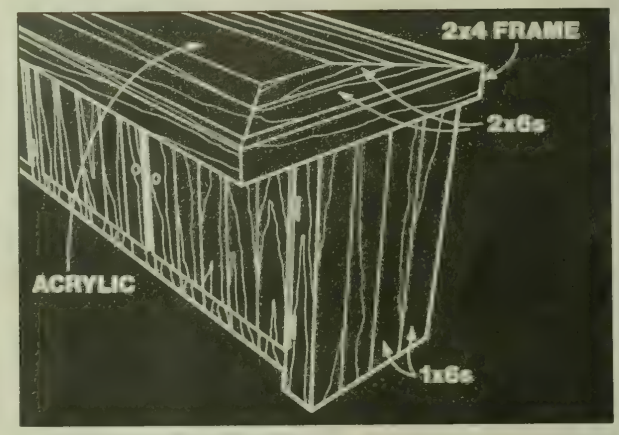




PERFECT FOR PARTIES

Multipurpose outdoor room

Whether you prefer a relaxing soak in the sun or a cookout for the whole gang, the best way to build more fun into your yard may be to convert part of it into an entertainment center. This 12x16-foot outdoor room *(opposite)* features a spa, serving bar, sunning deck, loads of handy storage space, and a long wraparound bench. Constructing the "room" on a raised platform added visual interest to the otherwise flat lawn, and reduced installation costs for the spa. Planters on all four sides help soften the changes of level, and an arched trellis at the back screens out the neighbors' garage. The serving bar *(right)* doubles as a dining nook and has cupboards beneath the counter *(above)* to store serving supplies.





Photographs: de Gennaro Studios. Design: Praamsma and Godfrey. Field editor: Sharon Haven

Fire pit/ sunning nook

Add this fire pit to your outdoor living area and you can gather round the campfire and trade tall tales all season long. The arrow-shaped pit nestles into a slope at one end of the deck; surrounding the pit, a redwood bench doubles as sunning space during the day. A concrete retaining wall faced with redwood forms the bench backrest.



Photographs: de Gennaro Studios. Design: Mark Whittleton. Field editor: Sharon Haven



SOLUTIONS FOR PROBLEM SPOTS

Skinny side deck

You can capitalize on even the skinniest sliver of side-yard space. This 12x30-foot, sun-splashed deck *(below)* is wrapped with a five-foot cedar fence that ensures privacy for sunbathing, dining, and entertaining. The 4x4 posts supporting the fence were set into concrete footings; the fence slats are 1x4s. Lattice panels set between 2x4 rails give the fence a lacy top. The enclosed section in the foreground camouflages two trash cans; simple latched doors provide easy access on garbage collection day. The stairs to the basement are to the right of the enclosure.

Photograph: de Gennaro Studios
Landscape architect: Robert A. Burke. Field editor: Barbara Cathcart





Slope-hugging entry bridge

This entry deck and landing pad *(right)* tame a narrow path that clings to the hillside between the house and the driveway. The pad rests on a concrete retaining wall and the deck jogs around a corner of the garage (part of the garage roof is visible above the jog). A pair of rustic benches constructed of 2x4s and 2x6s on 4x4 posts offers a convenient spot to stop and enjoy the view.

Photograph: Ernest Braun. Design: George Spencer & Associates. Field editor: Helen Heitkamp





Hilltop spa retreat

The small 7x11-foot deck adjoining this backyard spa *(left)* converts a rear slope into extra space for sunning and lounging. The deck juts over the slope and is supported by 4x4 posts. Pumps and spa equipment are tucked into a four-foot space under the deck along the slope of the hill. Angling the sides of the deck gives it its own built-in backrests; the deck actually serves as one big piece of outdoor furniture. A patio of Mexican tile pavers (which were sealed for protection) covers the level portion of the lawn and links the spa and deck areas with the house.

Photographs: Jordan Miller. Design: Mark Bishop. Field editor: Sharon Haven



Kids' corner

A backyard corner that's too shady for a garden and too small for a deck may be perfect for a kid-scaled play space. This free-form sandbox *(left)* is edged with pressure-treated 6x6s and has a cedar bench tailored for toddlers. A heavy-duty tarp attached with bungie cords to I-bolts is fastened to the sides of the 6x6s to cover the sandbox at night and in the winter.

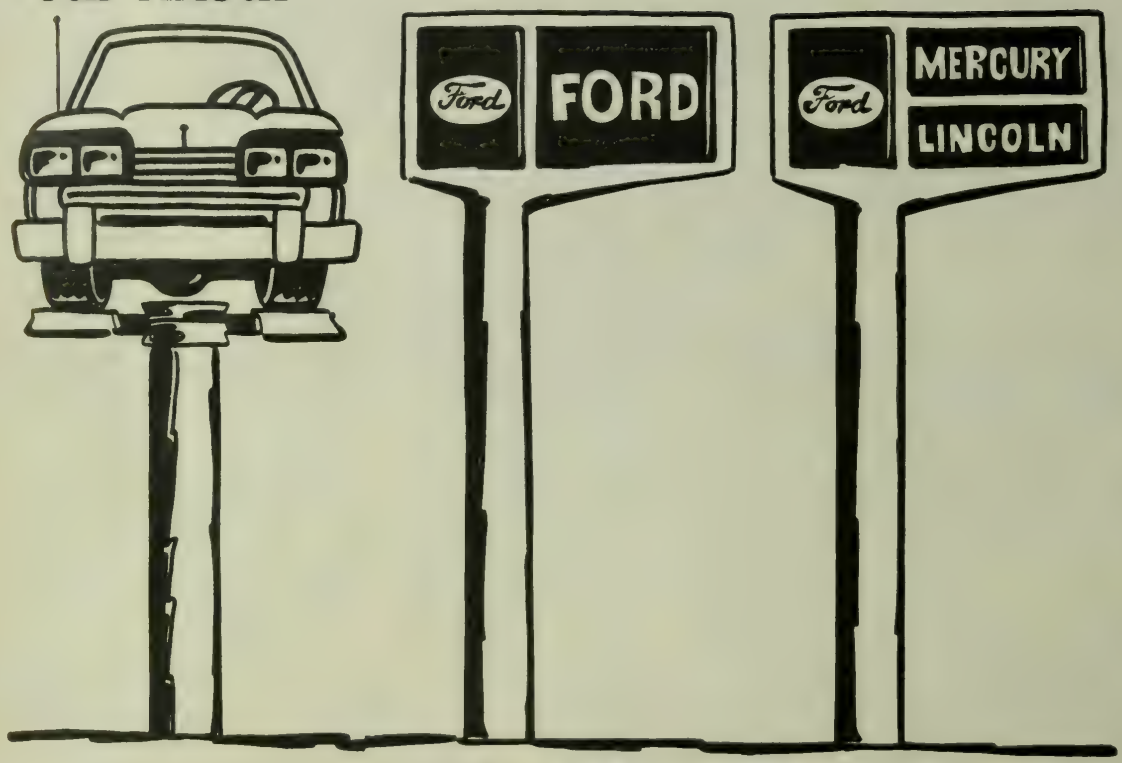
To order Plan No. 50507, see page 173.

Photograph: Karlis Grants. Landscape architect: E. Clark Matschek. Field editor: Cathy Howard


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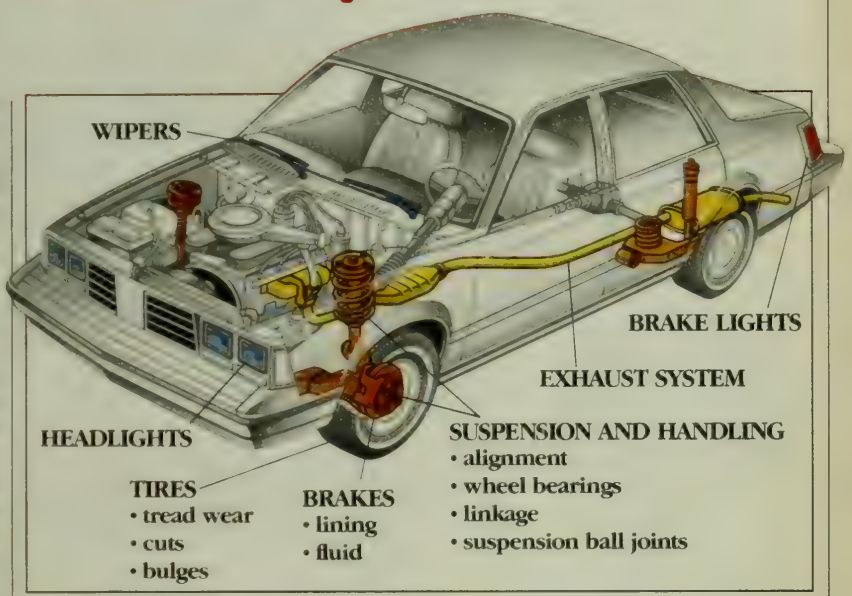


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How to Inspect Your Car for Safety

As many as 25 percent of all fatal accidents may be caused by defective vehicles, according to a five-year study of traffic accidents conducted for the National Highway Traffic Safety Administration by Indiana University. If so, in 1982 unsafe cars may have contributed to 9,725 of the 38,899 accidents in which deaths occurred.

The problem could well worsen, as budgets force many states to drop mandatory annual vehicle inspection programs. More than ever the responsibility for keeping cars in safe operating condition falls on the owners. Here's a systematic safety checklist to help you turn up potentially dangerous defects.



Tires

Look over your tires closely for tread-wear indicators. These are solid bands that spread horizontally across the face of a tire as the tread depth reaches the danger point—1/16 inch. If bands appear across two or more adjacent tread grooves, replace the tire.

Be sure any new tires you buy are the size recommended for your car; check the owner's manual or the tire information decal attached to the vehicle. Use radial or bias-type tires—not both. Using improperly sized tires, or mixing radial and bias-type tires, affects vehicle handling and compromises safety. However, it's all right to mix steel-belted and glass-belted tires as long as they are either all radials or all bias type.

Even if tread-wear indicators aren't showing, erratic tire wear spells trouble. For example, wear on both edges that is greater than in the center of the tread indicates that you're operating the car on underinflated tires. Lack of air pressure makes the car more difficult to control, leads to premature tire failure, and reduces the distance a car can go on a gallon of gas. Check tires at least once a month to see that pressure is at the specification recommended by the manufacturer.

Other indications of abnormal tire wear, such as spotty wear signs or feathered tread edges on either the inside or outside tread, suggest faulty wheel alignment or incorrect wheel balance. Have the condition rectified as soon as you can. (See "What to Do When Your Car's Askew," *Better Homes and Gardens,* March 1984.) Also look for cuts on tires. Depth of a cut is critical. Make a probe by grinding the tip of an old screwdriver to a paper-thin edge. Carefully push the tip into the cut. If it sinks in more than 1/8 inch, get rid of the tire.

Finally, look for a bulge in the sidewall. It could mean rubber and cords have separated and there's imminent danger of a blowout. Because of their flexible sidewalls, radial tires have a bulge just above the contact area between the tire and road. Don't confuse that bulge with tire damage. A bulge in any other place is a danger signal.

Brakes

Your car may be equipped with front brake-lining wear indicators and/or a brake warning light (check your owner's manual). Wear indicators make a high-pitched squeal or cricketlike noise when front brake linings are worn. At first the noise is intermittent; but as wear reaches the danger level, it's heard constantly while the wheels are rolling, except when you press the brake pedal.

Wear indicators are built into front brakes only, since those linings normally wear out sooner than linings in the rear. When you have front linings replaced, ask the mechanic to inspect the rear linings. He can determine how many more miles you can drive before they need attention.

Most cars have an instrument panel light to remind you to release the parking brake before starting off. In addition, this light usually serves to warn that the brake system is losing fluid. If the light comes on and stays on as you're driving, bring the car to a stop on the shoulder of the road. Drive ahead slowly and stop a few times to test brakes. Presuming you determine that they're still adequate, cautiously

continued

Illustration: Art Factory

Introducing Julia...A Victorian Bride



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Julia

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Now, in the tradition of the most highly-rized collector dolls of all time, the Danbury lint is proud to present *Julia* – the first oll in a series devoted to the American ride from colonial times to the present ay.

This doll is important to collectors for a umber of reasons: It is the first collector oll ever issued by the Danbury Mint. And combines exquisite beauty with historical uthenticity. Like the legendary collector olls of the past, *Julia* is representative of particular time and a particular place.

Costume dolls are among the oldest and ıost beloved forms of collecting. Queen ictoria was a collector. So were millions f Americans in the 19th century. And oday, doll collecting is more popular than ver. Some of the finest French dolls of the 800's are now worth thousands of dol-ırs. But you cannot put a price on many f the most cherished collector dolls. They re handed down from mother to daugh-er with love and tenderness. Such dolls ıot only beautify the home, they serve as a ond between generations.

A collector doll of incomparable beauty and meaning

ou could not ask for a more perfect theme or a doll collection than the American Bride. If ever there is a day in a woman's life when she looks her most beautiful, joyous, and radiant, that is her wedding day. And there is no more beautiful costume than a young woman's bridal attire. This is why we chose the theme.

And bridal attire has changed throughout history. So a collection of American bridal dolls will be more than beautiful – it will portray the change in dress from colonial times to the present day. The collection will have great *meaning* as well as beauty. (By acquiring *Julia*, though, you will not be obligated to purchase the other dolls in the series.)

Each doll's costume will be historically authentic and tailored by hand

Julia's gown will be authentic down to the smallest detail – as will the costume of every other doll in the series. Our doll designer has had access to the Victorian bridal gowns in museum costume collections. She has recreated the bridal attire of the period. And it is a *full* attire – not just the gown itself but the veil, petticoat, and pantalets.

Each doll's gown will be tailored by hand with the most meticulous attention to detail. Notice in the photograph all the

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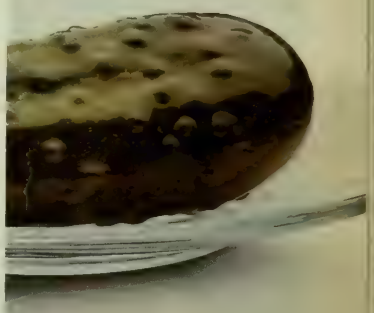
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THE DANBURY MINT
47 Richards Avenue
P.O. Box 5290
Norwalk, Connecticut 06857

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sic® pickle.
Naturel



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rd. vlasic



exquisite features: the fine satin, the elegant lace, the ruffled flounce, the floral appliques on the front of the gown... and the corsage pinned to the bride's wrist. You can almost hear the sound of "Here Comes the Bride!"

Each doll will be made of fine imported porcelain – individually painted by hand!

Head, hands, and feet will all be crafted of fine imported porcelain – for that same delicate look of the famous collector dolls of the 1800's. The facial features will be beautifully sculptured and individually hand-painted to complement the color of the hair. Notice *Julia's* hair – it's hand-styled into a Victorian coiffure. And look at that fresh, youthful, glowing apple blossom complexion – you'll fall in love with her at the very first sight. She is a delight to touch, too – the porcelain is so flawless and smooth, the fabric on the gown is so fine and so crisp. And like each doll in the series, *Julia* will come with her own stand – so you can not only display your doll on a bed or chair, but also stand her on your mantle or in a cabinet with your other prized collectibles.

A remarkable value

When you can find collector dolls of comparable quality and size, you can expect to pay up to $100 at retail. But the Danbury Mint is making *Julia* available to you at the remarkably low original issue price of just $55, payable in two convenient monthly installments of $27.50 each. And there is no extra charge for the stand. To reserve *Julia*, send no money now. Simply complete the attached reservation application and return it promptly.

Please note that *Julia* (and other dolls in the series) will be available only directly from the Danbury Mint; none will be sold in stores. As a registered owner of this first Danbury Mint collector doll, you will enjoy the privilege to acquire the subsequent dolls in the American Bride collection at the same low price – *if you choose to continue your collection.* But you are under absolutely no obligation to do so.

An heirloom to be passed down with love from generation to generation

Julia combines everything you could wish for in a collector doll – at a price you can easily afford. She has beauty, individuality, personality, and historical authenticity. Of special importance to collectors, *Julia* is the very first doll ever issued by the Danbury Mint. What's more, you then have the opportunity to acquire subsequent dolls in the collection – and they, too, will combine the same beauty, interest, and authenticity.

Whether you choose to own additional dolls or just *Julia* alone, this doll will be a source of lifelong pleasure and pride. She will also be an heirloom to be passed down with love from generation to generation. We have a very strong feeling that one hundred years from now, *Julia* will not be forgotten!

This is an opportunity not to be missed – please send us your reservation today.

the Danbury Mint

47 Richards Avenue • Norwalk, Connecticut 06857

RESERVATION APPLICATION

M14

Julia

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return by
July 31, 1984.

Please accept my reservation for *Julia*, a collector doll with a beautifully sculptured, hand-painted porcelain head, porcelain hands and feet, and authentic hand-tailored costume. A display stand will be included at no additional charge.

I need send no money now. I will be billed for the doll in two monthly installments of $27.50 each.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State/Zip _____

☐ Check here if you want each installment charged to your: ☐ VISA ☐ MasterCard

_____
Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for shipment.

continued

Car safety

drive to a repair shop. If your brakes don't seem safe, have the car towed.

For cars not equipped with a warning system, follow these guidelines:

- *No brake-lining wear indicators.* Have your mechanic remove the front wheels and check lining thickness every 10,000 to 12,000 miles.
- *No fluid-loss warning light.* If your car has power brakes, run the engine at idling speed with the parking brake engaged and the transmission in neutral or park. If your car does not have power brakes, don't start the engine. To test either type of braking system, press firmly (not too hard) on the brake pedal for 30 seconds. With power brakes, the pedal should drop slightly at first and then hold steady for the rest of the time. Without power brakes, the pedal should not drop at all. If the pedal sinks to the floor, there may be a fluid leak that should be repaired immediately.

An interruption of normal braking action as you drive is a sure sign that you should get the car to a repair shop. Indications of abnormal braking include brakes that grab, a car that swerves to the side of the road as you press the brake pedal, noise when you apply the brakes, chatter or shudder in the pedal, the need for excessive force on the pedal to stop the car, and a pedal that feels springy (spongy) underfoot.

Suspension and steering systems

To check your car's suspension and steering systems, find a flat, smooth road or a parking lot on which to test the car. Avoid a crowned road, which is higher in the middle and can cause your car to veer toward the shoulder.

Hold the steering wheel lightly with both hands as you drive the car down the center of the road or lot. The vehicle should track straight without help from you. If it veers to the side and your

continued

How to dress a delicious Vlasic® pickle.

Dressed to the teeth



Au Naturel



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No matter what the occasion, the great taste of Vlasic can make it better.

How many ways are there to enjoy the great taste of Vlasic pickles? Actually, the possibilities are endless. But however you like your Vlasic pickles, their crunchy, delicious flavor is sure to dress up any occasion.

The best tasting pickle you ever heard.

vlasic

An exercise in indulgence.



Start with the proper equipment: A Skor candy bar. The exquisitely rich combination of crunchy buttery toffee and sumptuous milk chocolate.



Relax, grasp bar firmly and tear. Those not in peak form or suffering from Skor elbow may have to repeat this step.



Lift bar and begin. At your own pace, savor each abundantly satisfying bite. Of course, this exercise requires a lot of practice. That's the best part.

SKOR
An exercise in indulgence.

continued

Car safety

tires are inflated to the car manufacturer's specification (if not, they can cause drifting), then it's a matter for concern.

Next, observe what happens as you turn the steering wheel while the car is moving. Do you have to exert much effort to steer back to a straight position? If so, the steering gear should be tested for binding. The steering-axis inclination angle (a front-wheel alignment factor) also might be out of kilter.

Now, drive the car at about 30 mph over railroad tracks. The front of the car should not dip more than once, if that, after clearing the tracks. Look through the rear view mirror immediately after the rear wheels leave the tracks; objects reflected in the mirror should not look blurred. Failure of either test suggests that the shock absorbers may need replacing. (*Note:* If the tracks are relatively rough, it may not be safe to drive over the tracks at 30 mph. Instead, rock each end of the car up and down; it should not bounce more than once or twice after you stop rocking it.)

Jack up front wheels on a rear-wheel-drive-car, rear wheels on a front-wheel-drive car. Use only a hydraulic jack or jack stands. Place chocks in front of and behind tires that remain on the ground. Set an automatic transmission in park, a manual transmission in gear. Be sure that the parking brake is fully engaged.

Grasp the tires of the raised wheels, one at a time, at top and bottom and try to move the wheel in and out. There should be barely any motion; if there's noticeable movement, have a mechanic examine wheel bearings and ball joints. Now, grasp the tire on the sides and try to rock the wheel back and forth. Noticeable movement in this case may indicate a loose steering gear, worn steering linkage, or worn suspension ball joints.

As you drive the car, stay alert to any deviation from normal steering, such as pulling or steering-wheel shimmy—signs of potential steering or suspension damage. A crunching noise in the front as the car rolls slowly over a dip or bump may indicate worn suspension ball joints; if not cared for promptly, they could result in suspension collapse and loss of control of the car.

Exhaust system

Once a year, when the car is raised and the engine is cold, run your hand over exhaust system parts. Flakes of rust mean that the system should be checked often for leaks; otherwise, carbon monoxide might invade the car. Tap each part of the exhaust system lightly with a small wrench. A dull thud instead of a ringing sound indicates corrosion; replace the part soon.

Start the engine and let it idle as you look for "puffs" of exhaust coming from the muffler or one of the exhaust pipes. Have someone hold a bunched-up rag on the end of the tailpipe to build up pressure and make any leaks more visible. Replace faulty parts.

Other tests

Inspect headlights, front and rear side-marker lights, taillights, rear license-plate light, and parking lights. Switch headlights to high beam. Have someone step on the brake pedal. Do brake lights glow? Turn on the key and shift into reverse to see if backup lights come on. Also test left- and right-turn signals and hazard flasher switch in both front and rear.

Sprinkle some water on the windshield and turn on wipers. If they smear the windshield, replace them. When no fluid sprinkles the windshield from the washer, check for:

1. An empty reservoir. Fill it with water in warm weather; in cold weather, use a commercial windshield washer solution that contains alcohol.

2. A clogged filter screen. If there's a hose attached to the washer's reservoir cap, the filter screen is probably at the bottom of the hose. Wash the screen in warm water. If the screen is at the base of the reservoir instead, remove the reservoir, pour off fluid, reach in with a small brush to clean the filter, then wash out the reservoir thoroughly.

3. Clogged nozzles. You may have to open the hood to get at the nozzles that aim fluid at the windshield. Poke dirt out from the nozzles with a piece of wire that's smaller in diameter than the nozzle openings.

Last, make sure that the car's horn works properly.

—By Mort Schultz

Ford LTD. Comfort and capability. In balance.

Comfort.

A family car must be comfortable. And LTD is.

Its shape is designed to reduce wind noise as you drive.

The reclining front seats are so carefully designed, they let your "driving muscles" relax for less fatigue, mile after mile.

The gas-filled shocks eliminate harshness from road surfaces.

Even the storage bins are lined for quiet.

Smooth, quiet power.

Choose the optional V-6 engine and you get a matched automatic transmission for a combination of smooth, low-end power plus quiet, high-speed cruising.

Lifetime Service Guarantee.

Participating Ford Dealers stand behind their work, in writing, with a free Lifetime Service Guarantee. No other car companies' dealers, foreign or domestic, offer this kind of security. Nobody. See your participating Ford Dealer for details.





Capability.

A family car must be capable. And LTD is.

A front stabilizer bar helps hold the car flat in a turn.

The rack and pinion steering, MacPherson strut suspension and steel-belted radial ply tires provide the driver with positive control.

And all controls are placed conveniently so your hands can find them while your eyes stay on the road.

The new V-8 LTD/LX.

The new LTD/LX combines a high-output V-8 with a modified suspension and high-performance tires.

Quantities are definitely limited. See your dealer.

The best-built American cars.

A recent survey concluded Ford makes the best-built American cars. The survey measured owner-reported problems during the first three months of ownership of 1983 cars designed and built in the U.S.

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Have you driven a Ford... lately?

Ford



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Send today for your free copy of the Pella Idea Book for Remodeling and Replacement. It's filled with ideas to make your home lighter, brighter, more energy efficient, and easier to care for. See everything Pella offers for older homes – Windows, Sliding Glass Doors, Traditional French Doors, Skylights, Sunrooms and Wood Folding Doors.

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Artful Furniture Finishes

The finishing choices for new wood furniture go far beyond ordinary varnish and paint. With one of the easy techniques outlined here, for example, you can subtly color wood without hiding the grain, or lighten it for a clean, contemporary look.

Staining for custom colors

Any number of custom-colored stains can be created by mixing various universal tinting colors with neutral wood stain. You'll find both the tints and the neutral stain in paint stores.

A dark blue- or green-tinted stain would be a good choice for a colonial or country-style piece. For a more sophisticated finish, choose a dramatic hue like black or gray.

Apply the stain with a brush or rag; work on a small area at a time so you can wipe the stain off while it's still fairly wet. After the stain dries, apply a wood sealer to lock in the stain and also to seal the wood's pores against dirt. Sand lightly, then apply a protective coat of varnish or polyurethane.

Dyeing for soft tones

You also can color wood with dye normally used on fabrics. The dyes are readily available, easy to work with, and offer many hue choices.

Mix the dye according to directions (for dark colors, use more dye), being sure that the pans you use are not aluminum, copper, or galvanized.

Apply the dye with a brush, working from the bottom up to prevent drips and runs. Be sure to work quickly, and wipe off excess with a cloth. Once the wood is dry, seal it and apply a protective topcoat.

Pickling for vintage patina

This soft, antiquelike finish whitens the wood without hiding its grain. Because some of the whiting remains in cracks and crevices, pickling is particularly handsome on pieces with intricate details like carvings or turnings.

To make the pickling stain, thin an oil- or latex-base primer to a watery liquid. Apply the stain with a brush, then rub off the excess with a soft cloth. For a whiter finish, leave the stain on longer before wiping it off. Protect pickled wood with a sealer, then apply varnish or polyurethane.

Bleaching for sandy-white finishes

Bleaching wood lightens it considerably and also fades the wood grain. Unlike a pickled finish, bleached wood has an even, overall white tone.

You can find bleaching products in paint and hardware stores. The chemicals used for wood bleaching are strong, so be sure to follow the package directions. Basically, you mix two different compounds in glass or porcelain containers and apply them separately to the wood.

After the wood is completely dry, a light sanding and a protective topcoat finish the wood piece.

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Look for Clean 'n Clear in the all purpose cleaner section.



Introducing Carlton Slims

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Elegant, with the class of Carlton.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Barbara Humeston

Care Tips for LEFT-HOME-ALONE PETS



When the whole family is away all day and your pet stays home alone, he deserves special care and attention. A warm welcome at the end of the day is just a token of the rewards you'll reap with a little extra effort and planning.

Quality time together

More important than *how much* time you spend with your pet is *how* you spend it. For example, your dog benefits much more from playing ball with you for 15 minutes than he does from sitting at your side for a few hours while you're reading. When choosing a dog, remember that some breeds require considerably more time than others for exercise, grooming, and care. (To get more information about selecting the right dog, see "Picking the Right Purebred Dog for You," *Better Homes and Gardens,* April, 1984.)

- **Undivided attention**—Set aside some time each day to give your pet your undivided attention. Go for a romp in the park, brush your pet, or do whatever you enjoy doing together. Be sure that some of this time includes fairly vigorous exercise. Besides being good for your pet's health, physical exertion also helps keep your pet calmer while you're gone.

One of the best times to schedule some activity with your pet is immediately after you arrive home. Most pets sleep while their owners are away, which means they're usually bursting with energy and ready for action by the time you return. If your pet is particularly rambunctious during your absence, he may benefit from exercise before you leave for the day, too.

- **Obedience school**—Dog obedience training classes where you train your own dog and follow up with practice sessions at home provide your pet with intense one-on-one attention and lots of praise. The training builds your dog's confidence and helps him feel secure. It also makes correcting your pet easier because he understands your instructions when he's obedience trained.
- **Cat training**—Believe it or not, most cats are trainable, too. Though you probably won't want to teach your cat traditional obedience commands (like stay, sit, and down), with patience you and your cat can master a variety of tricks. Some possibilities include fetching, coming when you make an unusual sound or give a special command, and wearing a harness for walks with you. Your cat is sure to appreciate the attention.

Coming and going

The way you leave the house and return makes a big difference in how your pet reacts to being left alone. Leaving should be treated like part of the household routine, not a big event.

When you come home, don't try to discipline your pet for accidents or destructive behavior that occurred while you were gone. Though occasionally this type of delayed-reaction discipline can be effective (if you first call your pet's attention to the specific problem), fussing at your dog or cat after the fact more often only makes your pet anxious and confused about the consequences of your return. For the best disciplinary results, you must literally "catch your pet in the act."

While you're away

Boredom is your pet's biggest problem when you're away for long periods. You can help entertain your pet when you aren't around by leaving behind dog and/or cat toys to occupy his attention. Pets often chew on furniture or bark because there's nothing else to do.

Rotate your pet's playthings so that he has a different set of toys every couple of days. Be sure to include safe, chewable objects if your pet likes to munch on your belongings. Stash your pet's toys out of sight when you get home. A scratching post is essential for

continued

Illustration: Andrea Eberbach



Take a great Polaroid picture and win a Porsche.

Now you can win a lot more than compliments when you take beautiful Polaroid instant picture. Just enter Polaroid's "Win a orsche" Photo Contest and you could win a 1984 Porsche 928S, alued at $44,000. There are three contest categories—The appiest Polaroid Picture (1 photo); The Most Colorful Polaroid icture (1 photo); and The Most Creative 3-Picture Series. nter any category, or all three, as often as you want. Entries ıust be received by Polaroid by July 31, 1984.

Of course, a 928S isn't all you can win. There are a lot more rizes in the picture:

3 First prizes—1984 Porsche 944.

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12 Third prizes—Yamaha 3-Wheeler.

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And, as if winning a Porsche weren't enough, the name of ıe Grand Prize winner and the winning photo entry will ppear in a national magazine this fall.

See your Polaroid dealer for details. And hile you're there, take advantage of our spe- al 50¢ off coupon on Polaroid's New Richer olors 600 High Speed and Time-Zero upercolor films. Our clear, sharp pictures, with bright rich colors—redder reds, bluer blues, yellower yellows—combined with your photographic talent, could develop into something spectacular.

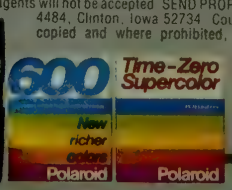
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Real meat protein - real good price!
You may already know that there's no better dog food for your dog than ALAMO®BRAND. But what you might not know is that there's no better dog food for your money.
Because even though this 25 lb. bag of ALAMO contains more meat protein than ten pounds of steak, it costs no more than most other dry dog foods.
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Left-home-alone pets

an indoor cat (a cork post, rather than one covered with carpet, may be best to avoid confusing your cat about what's acceptable scratching material). Empty boxes and paper bags supply hours of entertainment for curious pets.

Leaving a radio playing softly while you're away provides comforting human sounds (talk stations are particularly good). The radio also muffles outdoor noises, like honking horns and screeching brakes, that may make your pet anxious.

An old piece of clothing left out for your pet bears your scent and supplies a comforting reminder of you. You may find that your dog or cat chooses your old shirt or slacks as his favorite napping spot.

Another option to consider is getting a second pet to keep the one you have company. While you're away, a couple of dogs, two cats, even a dog and cat can entertain and provide companionship for each other. Another animal in the household, however, doesn't eliminate your pet's need for human contact.

Getting into a routine

Establishing a routine that's convenient for you and meets your pet's needs can be a problem, particularly if your pet is a dog and the length of your workday varies. If sticking to a schedule is difficult, you'll probably be happier with a cat. But cats still require human contact and companionship; they just demonstrate their needs differently than dogs do.

For a dog, a walk is essential immediately before you leave home, as soon as you return, and just before bed. Your pet also should be allowed outside after any meal or vigorous exercise. Feeding a consistent diet at scheduled times is important, too, if you expect your pet to relieve himself at regular intervals. A clean litter pan is the best solution for an indoor cat.

Feeding schedules for adult pets can be relatively simple. Most full-grown dogs need only one meal a day; two meals daily usually are recommended for cats. Self-feeding—leaving dry food available for your pet all the time—is easiest. But self-feeding isn't always the answer, especially for an overweight pet or a pet that has problems with housebreaking etiquette.

Feeding schedules for puppies and kittens are more demanding. At the time they're ready to be adopted as pets (about eight to ten weeks old), most puppies and kittens should be fed at least every four or five hours. Intervals between feedings can be lengthened gradually as your pet matures, but he won't be ready for an adult feeding schedule for at least several months.

Also, keep in mind that you can't expect a pup to be fully housebroken until he's at least four months old. You may need a special helper (see below) if someone in the family can't arrange a trip or two home during the day.

Special help

Pet walking and even all-day pet sitting services (in your home or someone else's) are becoming increasingly available in cities. You can locate these services through animal shelters, humane societies, veterinarians, classified sections of newspapers, or the Yellow Pages. Pet walkers or sitters might be particularly helpful during those few months in a young pet's life when feeding and/or trips outdoors are necessary every few hours.

Some pet owners ask a neighbor to walk the family pet if no one is home by a certain time each day, or they hire a neighborhood teenager to routinely walk their dog after school. Another option is taking your pet to someone else's home while you're away. An elderly neighbor or relative, for instance, might welcome your pet's company in his or her home during the day.

Additional alternatives

Fish and hamsters, gerbils, and similar small rodent-type pets make fewer and usually simpler demands on your time than do dogs and cats. Birds can make good pets in households where families are away all day, if you're careful about your selection. Choose low-key varieties, like small beebee parrots, lovebirds, and parakeets.

—With Emily Freeman Pinkston

"With eight brothers and sisters, birthdays used to be a problem." Now I send the Birthday Party® Bouquet from my FTD® Florist. It's more than a gift, it's a celebration.



Merlin Olsen

Send your thoughts with special care.™

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THIS LITTLE IVY HAD NONE.



With Knox: Proper Amounts of Nitrogen Promote Optimal Growth.

Without Knox: Lacking in Nitrogen Required for Optimal Growth.

Give your houseplants Knox® Unflavored Gelatine and watch them grow fuller and greener.

Knox is rich in nitrogen, just what houseplants commonly need to flourish.

Simply mix one envelope of Knox with one cup of very hot tap water to dissolve. Slowly add three cups of cold water to make a quart of liquid. Once a month, use the Knox mixture as part of your normal watering pattern and you can get amazing results.

And here's a helpful hint. To help plants flourish, they need periodic repotting into larger pots. They also require the proper amount of sunlight, temperature and moisture.



For a FREE booklet on how to care for your houseplants, send name and address to: Knox Plant booklet, P.O. Box 8107, Clinton, Iowa 52732.

NEW PRODUCTS

Good News

Check your favorite stores fo these innovative products, o write to the manufacturer for a lis of retail sources. Please don't send check, or request an order form. Th prices we list are only suggested re tail prices.



DECORATIVE SPEAKERS

Pioneer Decor Panel Speakers mak it possible to put your stereo speaker to use as decorative accessories. Tw styles are available: one with cork an one with a removable glass panel.

Those with glass panels are ideal fo mounting album jackets, photographs even paintings. And you can tack mes sages or mementos to the corkboar speakers. They are equipped with fix tures for use in hanging or a stand fo setting them on a level surface. A spe cial rib construction makes them thi and lightweight while maintaining rigid cabinet.

Only 2½ inches deep, each speake carries a two-way, two-speaker syste using a 5½-inch cone woofer and a 2½ inch tweeter. The speakers accurately reproduce sound from 50 to 20,000 Hz Decor Panel Speaker Systems, about $18 per pair. Pioneer Electronics (USA) Inc., Dep BH, P.O. Box 1720, Long Beach, CA 90801.

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NEW PRODUCTS

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CASUAL



coordinate with the cushion fabrics.

Flowing curves and shapely lines make this group ideal for use indoors as part of a traditional setting or outdoors to add charm to a patio corner.

Promenade collection, settee about $325; 23-inch glass-topped coffee table $130, and chairs $200 each. Lyon-Shaw Inc., Box 1597-BH, Salisbury, NC 28144.



CAMP COOKERS

A compact stove and a portable grill, in Winnebago's new line of camping equipment, operate from portable propane cylinders.

The single-burner stove comes in two pieces—a base and a 6-inch-diameter burner. Simply insert a propane cylinder into the base, screw on the burner, and you are ready to cook. You don't need matches. Just push the piezo ignition button and the stove lights every time. The burner will hold anything from a soup can to an 11-inch pan.

A 12-inch-diameter grill gives you fresh barbecue flavor from permanent coals. The grill weighs less than 10 pounds (without the propane). A removable lid can act as a windscreen when slipped into the holder slot on the grill. Coals, base, and upper part of the stand store inside the grill.

Lanterns that operate on the same principle are available in single or double mantle. A single-mantle lantern can put out as much light as a 100-watt bulb or be dimmed for a romantic atmosphere. The lantern's strong plastic base holds a disposable propane bottle.

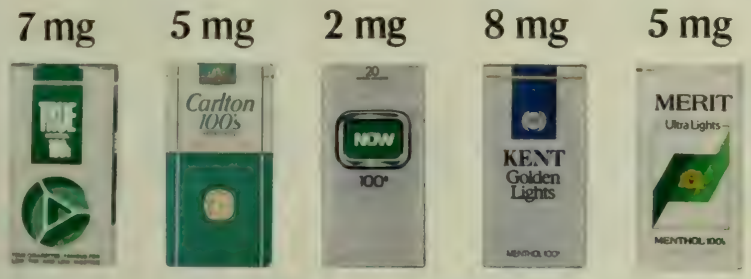
Single-burner stove, about $29; grill, $65; lantern, $35. Winnebago Industries, Inc., Dept. BH, P.O. Box 152, Forest City, IA 50436.

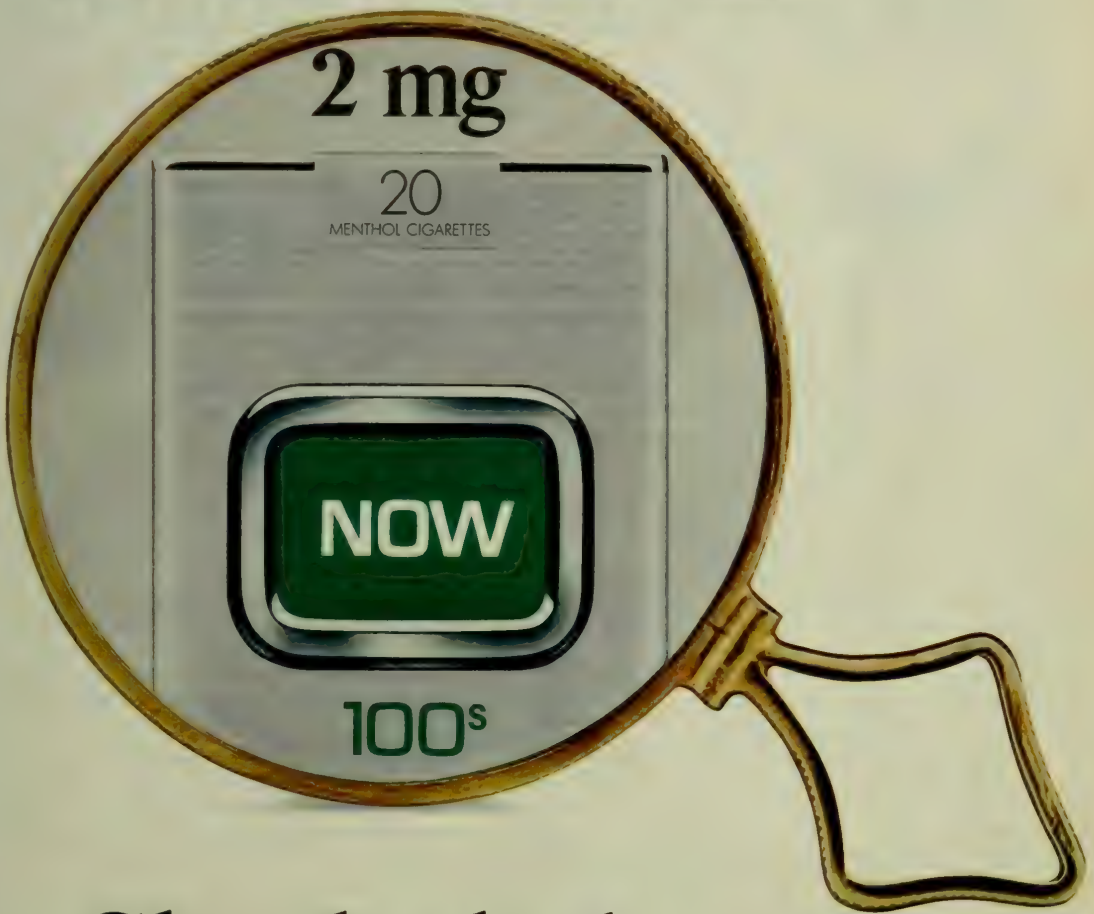
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Depression.
It's not all in the mind.

You may have symptoms that fool you.
While most people think of depression as feeling sad or "blue," it can actually affect you in many other ways. In fact, you may be suffering from depression and not realize it if you are...

feeling an unexplainable jumpiness or anxiety...

becoming unusually irritable...

having trouble sleeping (waking up at early hours not feeling well)...

having difficulty in concentrating or remembering...

experiencing physical pains you just can't pin down...

noticing a loss of appetite (or a compulsion to overeat)...

getting no pleasure out of anything in life and losing interest in your job, family life, hobbies...or sex...

going through a downhearted period that seems to get worse and won't go away...

experiencing frequent or unexplainable crying spells...

feeling a loss of self-esteem or having an attitude of indifference.

A combination of the above symptoms, persisting for two weeks or more, can be an indication of depressive illness and a warning to seek the advice of a doctor.

What is depressive illness?
In contrast to the normal lows or "blue" days in the ups and downs of everyday life, depressive illness can distort life at home and work, and erode one's interest in the pleasures of living. It can affect any person at any time, and need not arise from a negative life experience (a divorce, job or financial loss, etc.).

How common is it?
Almost 1 in 5 of us will experience depression at some time. Over 30 million Americans may suffer from some form of this mental illness today. The condition is found in children as well as adults, with the highest occurrence in people 25 to 44. Women are diagnosed as having this disorder twice as often as men. Unfortunately, because the symptoms are not always what might be expected, it often goes undiagnosed and untreated.

What causes it?
Ongoing research has shown that in certain cases depression may be associated with a chemical imbalance in the brain or a change in body chemistry. Current knowledge indicates that there are different kinds of depression, each requiring its own specialized type of treatment.

Your own doctor can provide the required treatment in m instances. Other highly trained medical and healthcare specia may be called upon as needed. And outside the medical field support and understanding of informed family members friends can help.

Treatment can be very successful.
Depression can in most cases be easily diagnosed and success treated. Discussing some of life's problems with a physicia often helpful, and modern medicines can reduce the time successful turnaround, while reducing the psychological that accompanies depression. In some cases, positive results been achieved in a few weeks.

The important thing to remember is that you are not al Your physician and other healthcare professionals are fully pared to help you deal with and recover from depressive illn They are part of the overall health support system. We call it

Partners in Healthcare:

You are the most important partner.
Only you can spot the warning signs and report them to y physician. And it's you who must decide to accept the guida and counseling of your physician and other healthcare pro sionals. If medicines are prescribed, only you can take then directed.

Your doctor interprets the warning signs, orders your te and makes the diagnosis.
Your physician also prescribes the best treatment program you, be it medication, counseling, or referral to other health professionals who can help provide the needed guidance recovery.

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Health Update

'EST YOUR AMILY'S VISION

an you see to read as well as you should? This simple do-it-yourself st from the National Society to Pre- nt Blindness (NSPB) will tell you the nswer: If you wear reading glasses, ut them on. If the glasses are bifocals, e sure to look through the bottom part f the lenses. Hold this magazine as you rdinarily would when reading, about 4 inches from your eyes. Be sure that ou have good light and that there is no lare on the page. Using *both* eyes, read ne following chart out loud or write own what you see on a piece of paper. *O NOT BRING THE PAGE CLOSER O YOUR EYES IN ORDER TO SEE ETTER.*

Half of all blindness can be prevented. Everyone over 35 should have an eye examination every two years.

You should be able to read the above entences without difficulty and to dis- ern the opening in *all* Cs. If you can- ot, see your eye doctor.

The test you just took is part of a omplete home eye exam you can order or yourself and your children. Send for he "Home Eye Test" from the NSPB, 79 Madison Ave., New York, NY 10016. For the adult test, enclose $1 for post- age. The children's test, available in oth English and Spanish, is free.

The adult test measures your ability o see things that are far away like road igns, to read and do close work like ewing, and to see fine details in sharp focus. The children's test helps to iden- tify "lazy eye," a problem that should be treated before a child enters school.

WHAT TO DO ABOUT TICKS

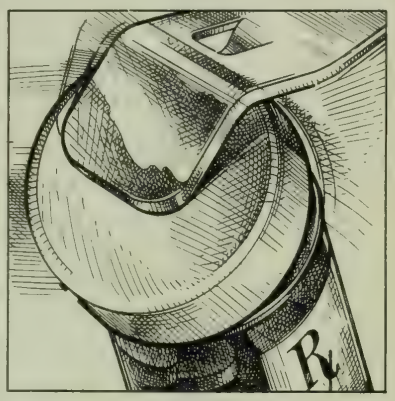
Summer in the great outdoors may leave you with some unwelcome guests: ticks. A tick embeds its head in your skin and swells with blood from your body. The tiny insects can be dangerous because they carry diseases like Rocky Mountain spotted fever, which is becoming more prevalent throughout the U.S. Severe headache, high fever, and muscle aches are the first symptoms of the potentially fatal fever.

Ticks usually appear in the hair or around the ankles. Check for ticks in the evening after hiking or playing in grassy areas inhabited by ticks. If you find a tick, cover it with some petroleum jelly. Or, let a few drops of clear nail polish fall from a brush onto the tick. Within seconds the tick, deprived of its air supply, will back out of the wound. Once the tick lets go, grab it with tweezers, but don't force it out (you might leave the head in). Don't use the old remedy of touching the tick with a just-extinguished match or a cigarette lighter—it could cause a burn.

ORGAN DONORS NEEDED

Amazing successes in organ transplantation are making the operations far more common nowadays. Authorities say at least 10,000 Americans need kidneys, 2,000 would benefit from replacement hearts, and about 100, mostly children, await liver transplants. Donations of skin can help victims of burns and other serious injuries. For some cancer patients, donated bones are the only alternative to amputation. Pituitary glands, corneas, and other organs are in demand, too.

In most states, you can indicate your desire to be an organ donor on your driver's license, under the Uniform Anatomical Gift Act. Forms for nondrivers usually are available at state motor vehicle registration offices, too. Or write for a free donor card from the American Medical Association (Communications Div., 535 N. Dearborn St., Chicago, IL 60610) or from the National Kidney Foundation (Two Park Ave., New York, NY 10016). Do inform your family about your plans.



ADVICE ABOUT CHILD-RESISTANT CAPS

Ever find yourself in a losing battle with the child-resistant safety cap on a medicine container? The safety caps have dramatically reduced childhood poisonings, which is reason enough to put up with the occasional frustration. But there are ways to make the job easier, such as a metal can opener for flip-top caps, or a twist-off opener (found in housewares sections of department stores) for screw-type lids. Here are other tips to try if you are one of the people who has trouble opening medicine bottles:

- When you pick up a new prescription, ask the pharmacist to put it in an easy-to-open container. When purchasing a nonprescription drug, look for products whose labels indicate non-child-resistant caps. All manufacturers are allowed to package one size of their line this way.
- Ask someone to remove the bottle seals, shrink wraps, or sealed cartons designed to discourage tampering. But never repackage a drug into another container at home. Your new container won't be labeled properly and it probably won't protect the drug against moisture and light the way it should.
- When you use containers without safety caps and are around young children, store your medicines on a high shelf, not on a nightstand or in a purse.

continued

● If you use nitroglycerin, commonly prescribed for the chest pains of angina (which is exempt from safety cap legislation), always remove the cotton when you purchase a new bottle. Don't wait until you need the drug and time is precious.

FACTS ABOUT PAGET'S BONE DISEASE

Paget's disease of the bone is a mysterious ailment often confused with arthritis that affects some three million Americans aged 40 and older. Named for the physician who first described it, Paget's disease usually affects the spine, skull, pelvis, and legs. It's normal for bones to continually break down and rebuild. But in Paget's disease, the process is accelerated; bones become excessively thick and yet weak.

For most people, the disorder is mild, and treatment is unnecessary. However, some people have pain in the affected area, such as headaches when bones of the skull are involved. More serious, although less frequent, complications include small cracks or breaks in bones, "bowing" of a limb, or enlargement of the skull. When the disorder affects the skull, it may lead to hearing loss, ringing in the ears, or loss of balance. In the spine, Paget's disease may cause muscle and sensory problems.

The cause of the disorder is unknown. Although there is no cure, several effective treatments can relieve symptoms if the disease is diagnosed early. For pain and inflammation, aspirin or other pain-relieving or anti-inflammatory drugs are prescribed. In more severe cases, drugs that slow bone metabolism are used.

For a free booklet, *Understanding Paget's Disease,* developed in collaboration with the National Institutes of Health, write the Paget's Disease Foundation, Box 2772, Brooklyn, NY 11202.

SELF-HELP INFORMATION

● ***Arthritis course.*** A self-help course now offered by 34 Arthritis Foundation chapters around the country stresses that no single treatment is right for e eryone with this painful illness. Neve theless, a person with arthritis can d many specific things to feel better.

The new arthritis course meets fo two-hour sessions once a week for si weeks. Classes emphasize exercise t keep joints flexible and build u strength. Ways to cope with pain an stress and to conserve energy also ar covered. A physician's permission usu ally is recommended for those wh want to take the course, which was de veloped at Stanford University. Fo more information, contact your loca Arthritis Foundation chapter.

● ***Computers and diabetes.*** Comput ers are revolutionizing the way peopl learn about this widespread disorder which demands active self-manage ment by the patient. For example, "In sulin Man" is a new video game fo diabetic children. In the game, th player must make a computer man ru to insulin bottles, fill his syringe wit the right amounts of insulin for specifi foods, and inject the insulin at the righ

continued






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HEALTH UPDATE continued

times. Another program called simply "Diabetes," provides graphs and timetables to show when sugar from a meal will enter the bloodstream and when a specific type of insulin will have the most effect on blood sugar. For more information on these patient education programs, which are intended primarily for use in doctors' offices and clinics, write Computer Diabetes Educators, P.O. Box 547, Iowa City, IA 52244.

WHEN DO SLEEPING PILLS HELP?

Do you have trouble sleeping at night? You're not alone: One in three American adults reports having some insomnia and one in six feels the problem is serious. But before you resort to sleeping pills, assess your sleep habits. That advice comes from a panel of health experts convened recently by the National Institutes of Health and the National Institute of Mental Health.

For example, the panel says that you should try to avoid an irregular sleep schedule, daytime naps, caffeine and alcohol near bedtime, and using your bedroom as a home office.

If you suffer transient insomnia, as may occur if you jet to Europe or must be hospitalized, you might try to wait it out. If you elect to use sleeping pills at such times, don't take them for more than one to three nights. For short-term insomnia related to the loss of a job, an illness, a death in the family, or similar stresses, get your doctor's advice on ways to improve your sleep instead of, or in addition to, taking medication.

When you do use sleeping pills, don't take them every night; most cease to aid sleep after as few as two weeks of regular use. And don't stop sleeping pills abruptly; your sleep might suddenly worsen. Instead, cut back gradually to ease the transition.

STIMULANTS AND TOURETTE SYNDROME

Approximately one in 20 youngsters in the United States is hyperactive, impulsive, and has trouble paying attention. Drugs that act as stimulants in adults often help these children manage their behavior; it is estimated that 500,000 children in the U.S. alone currently take such stimulants as dextroamphetamine (Dexedrine), methylphenidate (Ritalin), and pemoline (Cylert).

Of concern to many doctors and parents is the possibility that stimulant drugs may trigger a disorder known as Tourette syndrome in some children. The syndrome is characterized by tics (involuntary muscular movements such as rapid blinking, nose twitching, or grimacing) and uncontrollable sounds (such as throat clearing, grunting, or sniffing).

This possible link has prompted the Food and Drug Administration to urge physicians *not* to prescribe stimulant drugs for hyperactive children with distinct motor tics or Tourette syndrome or a family history of either.

However, about one of every four children experiences a tic at some time. In most children, the tic disappears spontaneously within a few weeks to months. "At present, there's no way to differentiate these tics from the more chronic ones of Tourette syndrome," says psychiatrist Arthur Shapiro, director of the Tourette and Tic Laboratory and Clinic, Mt. Sinai School of Medicine, New York. "Moreover, children with hyperactivity and attention disorders who also have Tourette syndrome need treatment for both," Dr. Shapiro adds.

If your child is taking drugs for any illness, ask your doctor to alert you to possible side effects; call the doctor promptly if problems appear. Arrange a visit with the doctor for a child with multiple tics, especially if new ones keep appearing. Tourette syndrome may appear in children who are not hyperactive and who have never used stimulant drugs. It is thought to be caused by a chemical abnormality in the brain.

You can obtain free information about Tourette syndrome and a list of physicians experienced in diagnosis and treatment of the disorder by writing to the Tourette Syndrome Association located at 41-02 Bell Blvd., Bayside, NY 11361.

—By Lynne Lamberg

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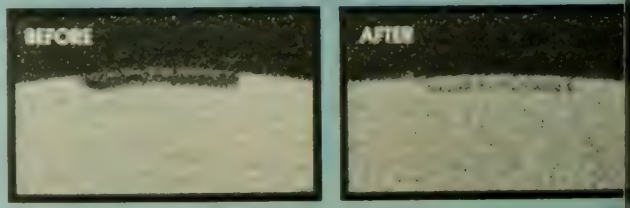


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Dan Kaercher

Skin Problems:
NEW TREATMENTS THAT REALLY WORK!



Your skin is your body's largest organ. Sensitive to even the slightest ouch, it enables you to detect pressure, pain, heat, and old. It helps regulate body emperature. And it serves s an exquisite defense system, keeping body fluids in nd infections out.

Unfortunately, skin probems can be among the most ncomfortable and disabling f illnesses. And because hysical appearance does so uch to influence how othrs respond to you, skin roblems can be devastating motionally as well.

Here's a report on adances that are making life etter for millions of people ith skin disorders—new reatments, medications, nd preventive measures for isorders that have plagued eople for centuries.

moothing out he wrinkles of life

One perennial topic that uarantees widespread interest is new ways to deal ith wrinkles, those telltale igns of aging. Many of the ew "treatment cosmetics" lump the skin with moisure, temporarily smoothing ut wrinkles. Longer-lasting mprovement may result rom a series of two or three njections of collagen, a subtance that looks like household glue and is a fibrous omponent of all skin.

Approved by the FDA in 981, the collagen product is erived from animal skin nd marketed under the rand name Zyderm. Collaen implants may help correct deep furrows at the center of the forehead or lessen the crease between nose and cheek. The material also may be used to fill in scars caused by acne. Treatment costs can range from $300 to $800. In time, the material is reabsorbed and "touch-ups" are required every six to 24 months, which can substantially boost the cost of this wrinkle remedy.

The substance is not suitable for small, deep acne scars, or for someone with a mass of wrinkles.

Collagen also is inappropriate for use on large areas of the face or elsewhere on the body—to increase breast size, for example. Some doctors worry that the injection of a foreign substance into the body may trigger future allergic reactions; collagen injections are not advised for patients who have rheumatoid arthritis, lupus, or other disorders related to the immune system.

At this writing, another wrinkle treatment, the laser face-lift, has not been approved by the FDA and is under investigation by the FTC. The FTC says there is no valid evidence thus far that the laser therapy, which is offered primarily by nonphysicians and can cost from $750 to $1,500, is effective for face-lifts.

The lasers used are comparable to laser price scanners used at supermarket checkout counters and should not be confused with more powerful lasers used by physicans to cut tissues and repair leaky vessels in the eye.

Treating the ravages of acne

Acne, a disorder of the oil glands, inflicts perhaps more emotional pain than any other skin problem. About one of every three people has a significant acne problem at some point in his or her life, usually in the teen years.

Now even the most disfiguring forms of acne cases can be treated successfully. For cystic acne, the drug 13-cis retinoic acid, known chemically as isotretinoin and marketed as Accutane, often provides dramatic clearing of the skin, when taken daily for two to four months. The skin remains clear for long periods afterward. (See "Health Update," *Better Homes and Gardens,* November, 1983.)

Mild acne often can be treated with nonprescription lotions, creams and gels that contain sulfur, benzoyl peroxide, salicylic acid, or sulfur combined with resorcinol. For more severe cases of inflammatory acne, physicians often prescribe antibiotics to be taken by mouth. Retinoic acid that can be applied directly to the skin is used by dermatologists to unblock pores and clear up blackheads.

Acne in adults sometimes is caused by cosmetics that plug the pores. These may

continued

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continued

Skin problems

include certain heavy moisturizing creams and "sports creams" or men's grooming products designed to reduce dryness after shaving. When *acne cosmetica* is a problem, dermatologists often suggest using only soap and water to clean the skin and selecting cosmetics that are labeled "water-based and oil-free."

When your job gets under your skin . . .

Occupational skin diseases are the most common of all occupational illnesses. The problem usually appears on exposed areas, such as the hands, neck, and face, but it can affect large areas of the body. Itching, roughness, and redness are the most common symptoms.

Health workers, homemakers, and beauticians often are troubled by irritants in some soaps and detergents. Surveyors, road construction workers, and agricultural workers are prey to poison oak or poison ivy. Office workers have complained about carbonless copy papers causing skin reactions.

Gloves, long sleeves, and aprons can help reduce job-related skin problems. People with preexisting skin conditions should take their problem into account when looking for work. For instance, someone with psoriasis who performs heavy physical work could develop problems on parts of the body subject to repeated pressure and friction.

If you suspect that your job may be causing a skin problem, see your company physician or your own doctor to determine the exact cause. If the condition is indeed job related, take precautions and change your work routine to minimize or eliminate exposure. In some cases, reassignment may be the only answer.

Fighting psoriasis

About three to four million Americans suffer from this chronic disorder, in which skin cells replace themselves at an accelerated pace. Instead of dropping off imperceptibly as normal skin cells eventually do, the excess cells of psoriasis accumulate in red, thickened patches known as plaques. Psoriasis can appear anywhere on the body, but most often affected are the elbows, knees, lower back, and scalp.

In treatment, drugs are applied directly to the skin. However, many of the drugs are messy and have an odor; they also may stain the skin or sting or burn. The drawbacks are compounded because the drugs must be left on the skin for hours to be effective.

Now scientists at several institutions have reported that shorter exposures to higher concentrations of the widely used drug anthralin are as effective as longer exposures to lower concentrations. The brief contact therapy (30 to 60 minutes versus the eight to 12 hours formerly required) makes treatment much more convenient.

Because drugs that are taken by mouth may have body-wide effects, they usually are reserved for people with extensive or severe psoriasis who have not improved with drugs applied to their skin. These drugs include anti-

continued





continued

Skin problems

cancer drugs that slow the cell division process.

One promising new drug, related chemically to vitamin A, is known as an aromatic retinoid (etretinate). The drug, now under investigation in this country, has been used in Europe since 1972 and is said to bring dramatic improvement in the majority of patients who take it. (One important caution: The FDA warns that large doses of vitamin A will not duplicate the drug's effect and may be harmful.)

Meanwhile, researchers also are devising ways to augment the benefits of ultraviolet light, long known to aid clearing of the skin. With a treatment approved by the FDA in 1982, a person is exposed to ultraviolet light after taking a drug called psoralen that makes the skin particularly sensitive to the light. Possible side effects include premature aging of the skin and skin cancer. Because of this, the highly successful treatment may not be appropriate for younger people, unless their illness is severe.

For a free booklet entitled the *Guide to Understanding Psoriasis and Its Latest Treatment,* write to the National Psoriasis Foundation, 6415 SW. Canyon Court, Suite 200, Portland, OR 97221.

A warning about skin cancer

One in every three cases of cancer is skin cancer; 400,000 Americans will develop skin cancers this year alone. You could be one of them, which is why it's always wise to show your doctor a mole, birthmark, or any other growth that changes color or shape, bleeds, or itches.

The most serious type of skin cancer, malignant melanoma, has doubled in this country in the past 20 years and will cause an estimated 5,000 deaths this year. Fortunately, the malignant melanoma cure rate also is up significantly. And the likelihood of early recurrence may be reduced by a new vaccine, say Emory University researchers William Cassel and Douglas Murray—even after the disorder has spread to the lymph system. After three years, 88 percent of patients studied who had lymph nodes removed surgically and received the vaccine were still cancer free.

Contrary to popular belief, a deep tan is not a sign of health, whether you get the tan outdoors or at a tanning salon. The recently introduced and so-called "safer" tanning booths that utilize UVA light instead of the widely criticized UVB light still aren't completely safe, the American Academy of Dermatology warns. The result of too much sunlight, natural or artificial, can be increased risk of skin cancer, premature aging of the skin, and cataracts of the eye.

For more information

For free pamphlets on common disorders like skin cancer, acne, birthmarks, psoriasis, and other skin problems, send a self-addressed business-size envelope to: The American Academy of Dermatology, Box 1661, Evanston, IL 60204 (specify the disorder or disorders you want to know more about).

—By Lynne Lamberg

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Save 50¢ on UltraSwim® Shampoo, Conditioner or Skin Care Bar.
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TO DEALER: Shulton, Inc. will redeem this coupon at face value plus 8¢ (9¢ in Canada) handling if conditions of offer have been complied with by you and your customer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Only authorized coupon will be honored. Any unauthorized reproduction or reprint will be deemed void. Coupon may not be assigned or transferred. Customer must pay sales tax. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Void where prohibited, taxed or restricted. Good only in U.S.A., its territories, and Canada. For redemption of properly received and handled coupons mail to UltraSwim, Box 1177, Clinton, Iowa 52734. Good only upon presentation to retailer on purchase of product described. Any other use constitutes fraud.

Coupon expires Dec. 31, 1984.

50¢ STORE COUPON **50¢**



FURNISHINGS

Customizing a Fold-Out Bed

The classic fold-out bed long used in one-room apartments is making news in today's homes. Popular for its space-saving features, a "bed in a box" can be good-looking, too. Custom cabinets, like the one pictured here, outfit the ensemble for sophisticated surroundings.

Architectural details

The stately scaled cabinet gives the bed regal proportions while cleverly disguising the folding mechanism. Crown moldings and paneled sides serve to embellish the structure, and also lend traditional architectural detailing to the room.

To keep the massive cabinet from overpowering the rest of the setting, a honey-colored pickled finish is chosen over a dark stain.

Convenient built-ins

Cleverly built into the cabinet's square uprights are handy compartments for adjustable, fold-away reading lamps. Long, narrow doors on the front of each upright open to reveal small bedside ledges for nighttime snacks and reading materials.

Making the bed is greatly simplified with a European-style duvet that serves as both a top sheet and warm comforter. When the bed is raised and stored in the cabinet, the duvet is folded and kept on a luggage rack that doubles as a nightstand.

Photograph: Stephen Fridge
Design: Casa Madrona/Craig Leavitt
Field editor: Helen Heitkamp



Virginia Slims remembers when men always put their women on a pedestal.







VIRGINIA SLIMS

You've come a long way, baby.



Fashions: Douglas Grant

© Philip Morris Inc. 1984

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

100's: 15 mg "tar," 1.0 mg nicotine—Lights Regular: 9 mg "tar," 0.7 mg nicotine—Lights Menthol: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'83.

Pick your favorite Brach's candy.

Chew an oh-so-chewy Caramel,
Butter up to a Butterscotch.
Pop in a tingling Starlight Mint,
Pucker up with a Lemon Drop.
Bite into a creamy Toffee,
Lick a fruity Lollipop.
Try all two hundred choices first,
Then pick your favorite candy
From Brach's!

Nobody treats America like Brach's.



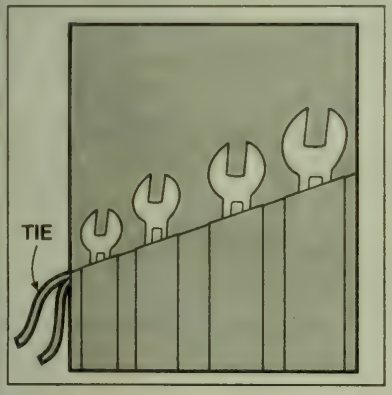
Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of installation tips and shop shortcuts that you—and millions like you—have picked up as do-it-yourselfers. We pay $25 for each problem-solver we publish. See the box below for submission details.

PROBLEM: **Your collection of crescent wrenches becomes jumbled in your toolbox, making it difficult to spot the exact size you need.**

SOLUTION: Fashion a roll-up wrench caddy from a remnant of heavy-duty fabric or vinyl upholstery. Cut one end on the bias, then fold it over and stitch slots in the double portion. Vary the width of the slots to fit the wrenches, and add a shoestring tie.

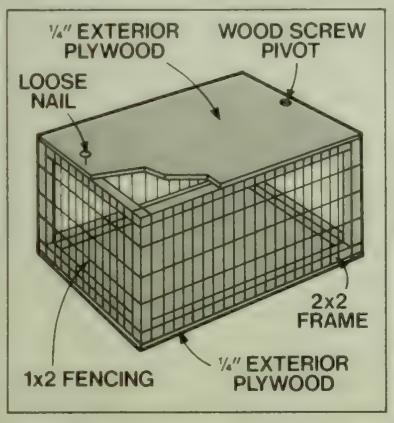
B. G., Tulsa, Okla.



PROBLEM: **Squirrels and large birds continually crowd smaller birds out of your bird feeder and scatter the seed in all directions.**

SOLUTION: Build a raid-proof feeder that's protected with 1x2 galvanized wire fencing. Wrap the fencing around a frame of 2x2s and plywood. The fencing will fend off invading squirrels, and small birds can slip through the 1x2-inch holes and feed inside. (You may need to enlarge some of the holes slightly to accommodate certain species.) Large birds can feed through the holes from the outside.

R. J., Weston, Conn.



PROBLEM: **Some of the branches you need to prune can't be reached comfortably from the ground or on a ladder.**

SOLUTION: Screw a metal or plastic-coated hook into one end of an old rake or broom handle, and use the hook to bend the branches to a convenient height. (Be sure to drill a pilot hole to avoid splitting the handle.)

N. N., Raleigh, N.C.

PROBLEM: **Wiping your brush on the rim of the paint can doesn't remove excess paint properly because the rim fills with paint and its curved edge presses unevenly against the bristles.**

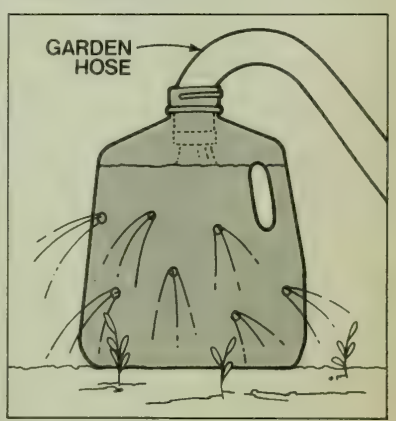
SOLUTION: Cut off one third of an old paint can lid with a hacksaw, then mount the smaller lid section on the can you're using. The straight edge on the lid will wipe your brush clean, and the lid will provide a place to lay your brush.

P. G., Leicester, Mass.

PROBLEM: **When you're camping with children in areas that lack washroom facilities, cleaning off the day's grime becomes a major chore.**

SOLUTION: Take along a large new canister-style sprayer filled with clean water. When the children get soiled, scrub them with soap and rinse them under the sprayer. The sprayer is gentle but does a good job of rinsing.

H. H., Fresno, Calif.



PROBLEM: **When you give your garden a deep soaking, water streaming from the hose floods the rows and washes out small seedlings.**

SOLUTION: Make a dribble pot by punching small holes in the sides of a clean gallon plastic jug and slipping the jug over the end of your hose. Set the jug in a spot that needs watering and turn on the water. Adjust the pressure so that water doesn't overflow the neck of the jug.

J. N., Altamonte Springs, Fla.

Do you have handy do-it-yourself suggestions and/or shortcuts you'd like to share? Mail them to Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.

8 out of 10 women

If you answered "no" to the first four questions, and "yes" to questions 5 and 6, congratulations. Your body probably gets all the calcium it needs.

Are you calcium deficient?

For the rest of you, the news isn't that good. Especially if you smoke, eat red meat, or drink coffee, tea, or soft drinks. You've joined the 8 out of 10 women who suffer from a lack of sufficient calcium in their daily diet. To make sure you get the recommended 1000 milligrams of calcium each day, you can eat calcium-rich foods like those listed in question six.

Or you can take two Os-Cal® 500 Calcium Supplement Tablets.

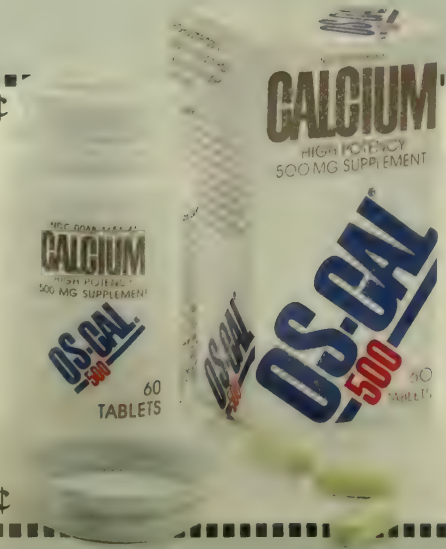
Os-Cal® 500 provides the calcium you need.

Eating calcium-rich foods isn't always easy. That's why Os-Cal® 500 is a convenient alternative. This high potency calcium supplement provides more usable calcium per tablet than any other leading calcium supplement or multiple vitamin/mineral tablet. Just two Os-Cal Tablets provide 100% of the calcium needed to fulfill the U.S. Recommended Daily Allowance. And Os-Cal is the brand most recommended by doctors and pharmacists.

Start taking Os-Cal® 500 today.

You should take Os-Cal® 500. Because the answer to questions 7, 8, and 9 can be a frightening "yes." With Os-Cal® 500 the answer to question 10 is a reassuring "yes" that can help you stand up to old age.

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A FACT OF LIFE.



50¢

Save 50¢ on Os-Cal.® 50¢

Present this coupon when you buy OS-CAL 250 or OS-CAL 500 calcium supplement. Your retailer will deduct 50¢ from the regular price subject to the terms below.

To Dealer: We will reimburse you for the face value of this coupon plus 8¢ for handling provided that you and the customer have complied with all terms. This coupon is good only when redeemed by you from a consumer at time of purchasing specified brand. The consumer must pay any sales tax involved. Any other use constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons submitted must be shown on request, and failure to do so may void all coupons submitted for redemption on this offer. Cash value 1/20¢. Offer limited to one coupon per purchase. Mail coupons to: Marion Laboratories, Inc., P.O. Box 1623, Clinton, IA 52734. Coupon expires December 31, 1984.

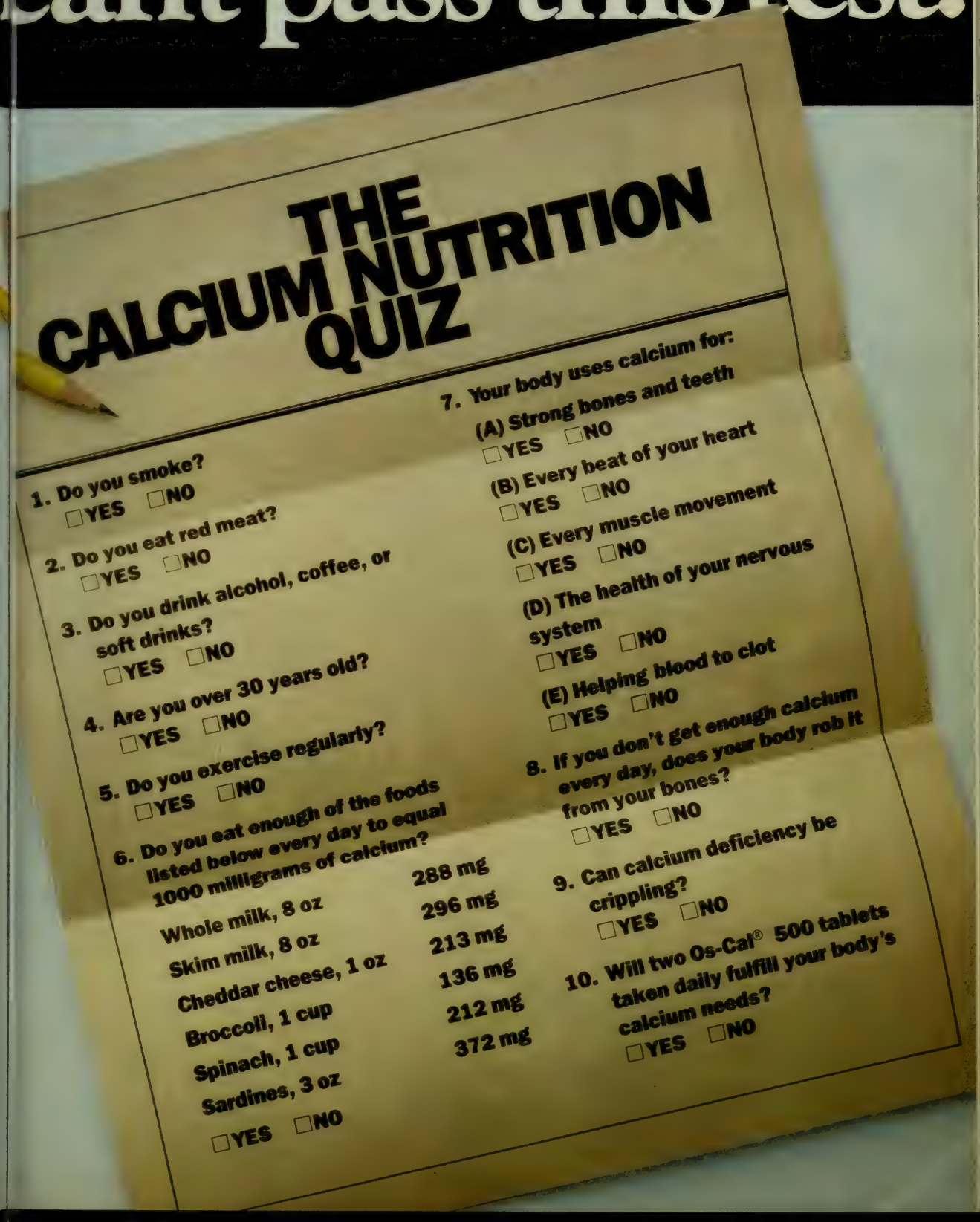
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50¢ STORE COUPON

MARION LABORATORIES, INC.

3/84

can't pass this test.



THE CALCIUM NUTRITION QUIZ

1. Do you smoke?
   ☐YES ☐NO
2. Do you eat red meat?
   ☐YES ☐NO
3. Do you drink alcohol, coffee, or soft drinks?
   ☐YES ☐NO
4. Are you over 30 years old?
   ☐YES ☐NO
5. Do you exercise regularly?
   ☐YES ☐NO
6. Do you eat enough of the foods listed below every day to equal 1000 milligrams of calcium?

Whole milk, 8 oz	288 mg
Skim milk, 8 oz	296 mg
Cheddar cheese, 1 oz	213 mg
Broccoli, 1 cup	136 mg
Spinach, 1 cup	212 mg
Sardines, 3 oz	372 mg

   ☐YES ☐NO
7. Your body uses calcium for:
   (A) Strong bones and teeth
   ☐YES ☐NO
   (B) Every beat of your heart
   ☐YES ☐NO
   (C) Every muscle movement
   ☐YES ☐NO
   (D) The health of your nervous system
   ☐YES ☐NO
   (E) Helping blood to clot
   ☐YES ☐NO
8. If you don't get enough calcium every day, does your body rob it from your bones?
   ☐YES ☐NO
9. Can calcium deficiency be crippling?
   ☐YES ☐NO
10. Will two Os-Cal® 500 tablets taken daily fulfill your body's calcium needs?
    ☐YES ☐NO



AFTER YEARS OF DISTINGUISHED SERVICE, YOUR CARD HAS BECOME A CLASSIC.

Thanks to you the familiar Blue, White and Gold of Visa is the most widely recognized, most widely accepted symbol in the world for travel, shopping, entertaining and cash.

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Soon banks all over the world will begin issuing Classic Visa Cards, featuring their own name, design and special financial services. Each card will also display a special Classic symbol "C" at the lower right. Plus the familiar Blue, White and Gold Visa at the top.

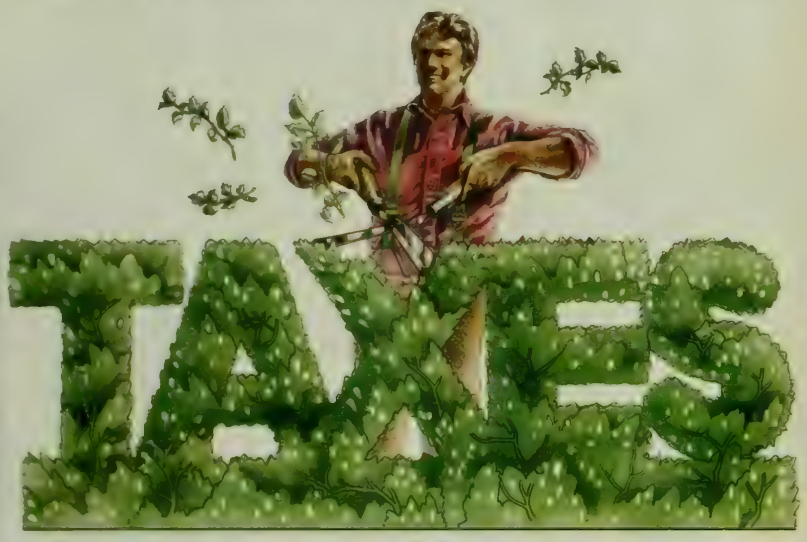
Until you receive your new Classic Visa Card, your current card is as good as ever. And getting better.

VISA

Margaret Daly

Property Taxes

HOW TO GET YOUR BILL REDUCED



Property taxes are a sore subject with most homeowners. Though these tax bills generally are accurate, it's possible that yours is not. You'll have to do some digging to prove your case, but the effort could be worth it in reducing future tax bills as well as those for this period.

Just be sure you act within the time limit established for your tax jurisdiction. Call the assessor's office if your bill does not indicate the deadline for appeal (anywhere from a few weeks to a year from the date of the notice). Beyond that deadline, you may be out of luck for this tax year.

1. Find out how your taxes were figured

Property tax bills are determined by multiplying part or all of your home's assessed value by a specific tax rate—$5 per $100 of assessed value, for example. The local tax assessor determines that value.

There are a number of different ways to figure real estate assessments; state or local rules dictate the details. If you don't know the method used in your area, ask a local real estate professional, or go to the assessor's office for the appropriate information.

The most common approaches include these four:

- The **fractional value method,** currently the most widespread for private homes, figures your tax assessment on a specified percentage of the home's full value. The tax assessor might figure your home's worth at $80,000, for example, but the local tax ratio might be 50 percent. In that case, the tax would be figured on $40,000, not on $80,000. If the tax rate were $5 per $100 of assessed valuation, the bill would be $2,000.
- The **full value method,** in which the tax rate is applied to 100 percent of the home's value, is gaining in use throughout the country. To allow for the larger assessed value, tax rates in full-value districts tend to be proportionately less than those in comparable fractional-value areas.
- The **construction cost method** is linked to how much it would cost to reconstruct that same home today.
- The **comparable sales method** bases the assessment on the selling price of homes similar to yours in the same neighborhood.

2. Check the assessor's appraisal of your home

You have every legal right to look at the "work sheet" or "assessment" record for your property. The assessor's files are public, and you should make sure they are completely accurate. For instance, examine square footage, number of rooms and baths (include both half and full baths), and size of plot. Is an outbuilding, such as a shed, listed even if it no longer exists? Are construction materials described correctly? Has an improvement such as a swimming pool, which may not add much to the sale value of your home, been overly valued? When records of other home sales are used to measure your home's value, are those properties comparable to yours?

Another common mistake can be the listing of your home in an incorrect school district or township for tax purposes. Even adjoining areas may have different tax rates, so be sure that your home is properly located.

Finally, while you're at the assessor's office, check other homes in your area that are similar in size to yours. If their assessment is quite a bit lower, you probably are being charged too much.

3. Make sure that the assessment ratio is correct

In areas where assessments are based on a fraction of full value, mathematical mistakes are most likely to occur. You might be in a 50-percent tax-ratio district, for example, yet discover you've been taxed at an assessed value of 60 percent by mistake.

Even if you find that the assessor's work sheet and the tax ratio are accurate, it could pay to check something called the assessment/sales ratio. Total recent sales prices of 12 or so homes in your tax district that are similar to yours, then look up the assessed values of those homes in the public tax records. Divide the total sales values by the total assessments to get an average

continued

Illustration: Roger Leyonmark


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Kent III: 2 mg. "tar," 0.3 mg. nicotine;
Kent: 12 mg. "tar," 0.9 mg. nicotine; av. per cigarette, FTC Report Mar. 1983.
Kent Golden Lights: 8 mg. "tar," 0.7 mg. nicotine av. per cigarette by FTC Method.
When you know what counts.
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KENT
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KENT Golden Lights
KINGS
KENT III
ULTRA LOW TAR
KENT III
Low tar
Lights
Ultra
Taste you can count on.

It's A Continuous Action Air Freshener.



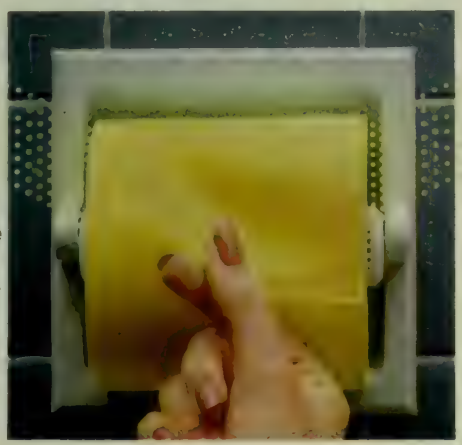
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It's Glade *Spinfresh*™

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Just replace your bathroom tissue roller with Glade Spinfresh for continuous freshness all the time. In addition, it provides a strong, but pleasant, burst of freshness every time you spin it.

Try Glade Spinfresh in all its beautifully fresh scents.





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continued

Property taxes

assessment ratio. If that's a fair percentage below the ratio used for your home, you have a good case for reevaluation of your property tax bill.

4. Make an informal appeal

When you can demonstrate an obvious error, such as inaccuracies on the work sheet or placement in the wrong tax district, it's often possible to sit down with the assessor and get your tax bill reduced without having to go through a formal hearing before an appeal board. In fact, in some municipalities where administrative mistakes of this kind are found, local law requires that the homeowner be given an immediate rebate on any property taxes overpaid because of the error.

5. Make a formal appeal

Just as there are no uniform laws in this country on assessment procedures, there are no uniform procedures for righting a wrong. But, if you believe that a mistake has been made on your property taxes and the assessor does not voluntarily make the change for you, you probably have the right to make a formal protest. Some locales set aside certain times of the year when such protests must be made; find out what those days are in your area, and plan accordingly.

Your protest will most likely be heard by a Board of Assessment Appeals or a similar body. (If there is none in your jurisdiction, you can go directly to the local courts—see below.) You'll probably have to appear before the Assessment Appeal Board in person, though you certainly can bring expert counsel with you.

Come prepared with pictures and plans of your house, as well as facts you have gathered about taxes on similar homes in your area, statements about property values from real estate experts, and, if necessary, a professional appraisal of your home. (The latter can cost $100 to $150 or more.)

If you win, your tax will be reduced right at the hearing or you'll receive a revised bill later. If you lose, you may be able to appeal to a higher court (local law prevails). If not, you can sue in the local courts.

You might even consider banding with other homeowners in your neighborhood who have similar appeals. Be sure to weigh the costs of a lawsuit against the potential gains you might make, however; the effort may not be worth your time or money.

Note: Some 30 states have "circuit breaker" provisions to reduce property taxes for senior citizens and/or the poor, and in some states for qualifying lower- or middle-income homeowners as well.

Rules vary among the states. Typically, the state will pay any property tax that exceeds a certain percentage—say, 3 percent—of the taxpayer's income. Alternatively, a direct tax credit may be granted by the state for the excess. Check your local assessor or state income tax office for details.

—By David W. Kennedy

We're looking for people to write children's books

Writing for children is the perfect way to take up writing, says the author of 53 children's books. Your ideas come right out of your own experience. And while it's still a challenge, it's probably the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers.

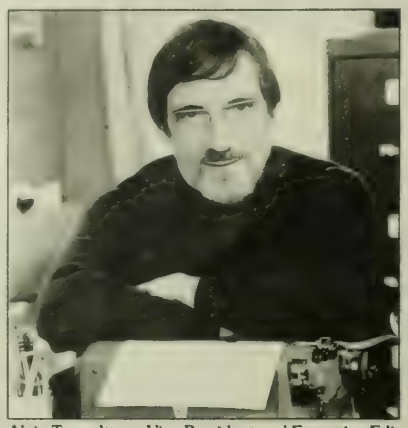
By Alvin Tresselt, Dean of Faculty

IF you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin—to break into print—to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching—and 53 books of my own—I can tell you this: You'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really like' is an experience you'll never have anywhere else. (In this age of boob tube illiteracy, convenient morality, and plastic values, *do you know of a more important audience?)*



Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

A surprisingly big market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going!

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

'Am I really qualified?'

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: Our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

When you're ready—at your own time and your own pace—you send your assignment to me and I read it and reread it to get everything out of it you've put into it.

Then I edit your assignment with a red pencil just the way a publishing house editor would—if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

The proof of the pudding

This method really works, I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many of our students break into print even before they finish the Course. Last year we received hundreds of letters like these from successful students: "Before taking your Course, the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, Ore.

"My first sale, to *National Catholic Weekly*, was a Course lesson. Then I sent another Course assignment to a writer's competition and won first prize of $400!"

"My instructor's advice was invaluable in plotting, character, motivation, and dialogue. I am most grateful for her personal interest and encouragement. Best of all she helped me understand my own strengths and weaknesses and how to emphasize the first and remedy the second. Better instruction hath no man than this!" Elizabeth Henley, New Cambria, Mo.

'Now...I am a *writer!*'

Marilyn Day of Marissa, Ill. says, "I'm proud of this accomplishment. Now I'm no longer a housewife, I am a *writer!*"

And Mary Carruth, Dublin, Cal., writes, "I sent out my first article with a prayer and a hope, and it was accepted. Your Course with its structure and support, has been everything I hoped for and needed."

"When I started this Course, I did not really think that I had the ability to write," writes Sister M. Laetitia Mudde, West Haven, Ct., "But my instructor made me believe in myself."

I have a file full of similar letters. People like yourself so full of pride they could easily convince you that indeed it is a pity more people don't take up writing for children.

Free Writing Aptitude Test offered

To find qualified men and women with an aptitude for writing, the Faculty and Consultants of The Institute have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you by our staff.

Just mail the coupon at left to receive your free Test and 28-page illustrated brochure which describes The Institute, our Course, Faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll.

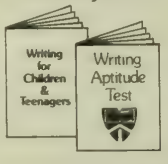
But that's entirely up to you.

There is no obligation.

The Institute of Children's Literature
Redding Ridge, Connecticut 06876

Dear Mr. Tresselt: **V-33**

I am interested in your program to help new writers get started. Please send me your free Writing Aptitude Test and 28-page brochure. I understand I am under no obligation whatever and no salesman will visit.



Mr. Mrs. Ms. Miss

Please circle one and print name clearly

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City

State Zip

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FROM CARNATION® NONFAT DRY MILK
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STRAWBERRY MOUSSE

3 cups fresh strawberries*
1 cup ricotta cheese
12 1-gram packets of EQUAL® Low-Calorie Sweetener
½ teaspoon vanilla
2 envelopes unflavored gelatin
¼ cup water
½ cup dry CARNATION® Nonfat Dry Milk
½ cup ice water
2 tablespoons lemon juice
Sliced strawberries

Hull strawberries, puree in blender container (should measure 2 cups). Add ricotta cheese, Equal, and vanilla; blend until smooth. Soften gelatin in ¼ cup water in small saucepan. Heat to dissolve. Blend gelatin mixture into mixture in blender. Pour into medium bowl. Chill until mixture mounds on a spoon. Combine dry nonfat milk, ½ cup ice water, and lemon juice in small mixer bowl. Beat on high speed until stiff peaks form, about 6 minutes. Fold into strawberry mixture. Spoon into dessert dishes. Chill until firm, about 2 hours. Garnish with sliced strawberries before serving. 34 Calories per ½ cup serving.
*Frozen strawberries may be substituted
(Makes about 7 cups)



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Rice 'N Easy!

Dinner Salad from Carnation® Evaporated Milk and Swanson® Mixin Chicken



Make this salad ahead of time for a super-easy summer supper!

SUPER SUPPER SALAD

1 package (8 ounces) chicken flavored rice mix
2 cans (5 ounces each) SWANSON® Mixin Chicken
1½ cups (about 2 medium) diced tomatoes
½ cup chopped fresh parsley
¼ cup chopped green onion
2 tablespoons vinegar
¾ cup *undiluted* CARNATION® Evaporated Milk
½ cup mayonnaise
½ teaspoon Italian seasoning

Cook rice mix according to package directions. Cool. Mix rice with chicken, tomatoes, parsley and onion. Stir vinegar into evaporated milk until milk thickens; add mayonnaise and Italian seasoning. Stir into rice mixture. Chill thoroughly. Makes 6½ cups.

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Don't miss these ingredients in your neighborhood grocery store.

Pasta Salad Italiano

- 1 8-oz. bottle Italian dressing
- 1 cup broccoli flowerets
- ¾ cup LINDSAY® Pitted Ripe Olives
- ¾ cup cherry tomato halves
- 4 oz. fettucini noodles, cooked, drained, chilled
- ¼ cup KRAFT® Grated Parmesan Cheese
- ¼ cup BAC*OS® Imitation Bacon

Pour dressing over broccoli, olives and tomatoes. Cover; marinate in refrigerator at least 3 hours. Drain, reserving marinade. Combine olives and vegetable mixture, noodles, cheese and imitation bacon; toss lightly. Place on serving platter. Sprinkle with additional cheese and additional imitation bacon, if desired.

4 to 6 servings

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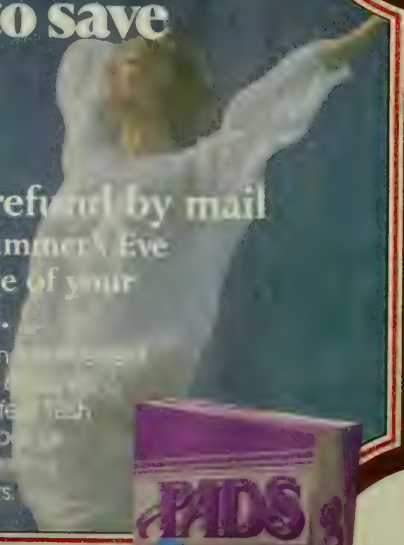




It's easier to handle, too. Try this test at home. Wrap two pieces of cheese—one with Reynolds Plastic Wrap, the other with the leading brand. (Notice how Reynolds handles like a dream.) Wait five minutes and see for yourself. You'll be amazed at Reynolds' supertight cling. It's great in the microwave, too.

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Offer expires December 31, 1984. Requests for certificates must be postmarked by December 10, 1984. Limit one certificate per request.

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By J.G. DURAND



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EQUIPMENT

New Options In Intercom Speakers

Manufacturers of intercom systems now offer a broad range of speaker equipment. The original speakers, which resembled pocket radios mounted on the wall, have given way to a new generation of speaker designs. Here's a sampling of the options now on the market.

Basic choices

Some speaker units that once were unavailable at any price are now standard items. For example, if you want to install a speaker on your porch, patio or deck, most companies offer you a choice of two outdoor speakers, a wall-mounted and a ceiling-mounted version. The ceiling-mounted unit has a wall-mounted remote-control device with a hoodlike plastic shield.

Other widely available models include entry speakers with built-in door chime buttons, high-fidelity speakers (stereo or monaural) with separate volume controls, and portable speakers with flexible cords like those on telephone handsets. (Most portable units require a specially designed intercom receptacle, but at least one kind plugs directly into your telephone.) Portable units are especially handy for desk or tabletop use or outdoor locations.

Special extras

In order to remain competitive, several manufacturers offer a number of specialty speaker options. One is a tabletop unit that doubles as a clock radio; when linked to a master station that pipes music throughout the house, this unit can be programmed to wake you up to your favorite recording or radio show. Like conventional clock radios, it also features a buzzer alarm and digital time readout. Another option now available with some intercom systems is a stereo speaker that fits into a standard stud cavity. This type of unit is a good choice for rooms in which floor space is at a premium.


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Turn routine to Florentine

FOOD

Homemade Deli Meats

Versatile, freshly made deli meats are on call for any-time sandwich making. They're easy to prepare and just as tasty as those you purchase. Treat your friends and family to these three specialties.

PEPPER AND SPICE BEEF LOAF

This pepper-coated beef is reminiscent of zesty pastrami—

- 3½ quarts water
- 1 cup salt
- ¾ cup packed brown sugar
- 1 tablespoon mixed pickling spices
- 8 whole cloves
- 4 cloves garlic, minced
- 1 teaspoon onion powder
- ½ teaspoon pepper
- 1 5- to 6-pound boneless fresh beef brisket
- Liquid smoke
- Coarse ground black pepper

In a 2-gallon nonmetal bowl combine the water, salt, brown sugar, pickling spices, cloves, garlic, onion powder, and the ½ teaspoon pepper. Stir to dissolve



salt. Add meat. Place a heavy plate atop meat. Cover; chill 5 to 7 days.

Remove meat from the brine; rinse well. Brush meat lightly with liquid smoke. Coat meat with the coarsely ground pepper. Place the meat in a 13x9x2-inch baking pan. Cover; roast meat in a 300° oven about 3¾ to 4 hours, basting frequently with the pan juices. Serve the meat immediately or cool and chill.

Cover and store the meat in the refrigerator about 4 to 5 days. (Or, cover, seal, label, and freeze.) Serve sliced meat in a sandwich with alfalfa sprouts, tomato slices, cheese slices, and lettuce or spinach leaves. Makes 1 (4-pound) loaf.

HAM AND CHEESE LOAF

Arrange slices of this cheese-flecked loaf in a fresh salad as shown or atop sliced wheat bread for a savory sandwich—

- 1 envelope unflavored gelatin
- ½ cup cold water
- 1 pound fully cooked ground ham
- ½ cup shredded cheddar cheese
- 2 teaspoons sesame seed, toasted
- ¼ teaspoon dried thyme, crushed

In a small saucepan soften gelatin in the cold water. Stir over low heat till gelatin is dissolved. In a large bowl combine ham, cheddar cheese, sesame seed, and dried thyme. Pour gelatin mixture over ham mixture, stirring to combine mixture well.



Line a square 3- or 4-cup freezer container (or a ½-gallon milk carton that has been cut in half crosswise) with a large plastic bag. Pack the ham mixture into the bag, pressing firmly; close bag. Chill several hours. Lift bag from container. Cover and store ham loaf in the refrigerator for up to 1 week. To serve, cut the loaf into very thin slices as needed. Makes 1 (1¼-pound) loaf.

PORK LIVERWURST

Ground pork gives this spread a coarser texture than most purchased liverwurst varieties—

- 2 pounds ground pork
- ¾ pound beef *or* chicken liver
- 6 slices bacon
- 1 small onion, chopped
- 2 teaspoons dried marjoram, crushed
- 2 teaspoons dried thyme, crushed
- 1½ teaspoons salt
- ½ teaspoon pepper
- 1 cup water
- 1¼ cups fine dry bread crumbs

In a Dutch oven mix together the ground pork, liver, bacon, chopped onion, dried marjoram, dried thyme, the salt, and the pepper; add the 1 cup water. Bring mixture to boiling; reduce heat. Cover and simmer about 15 to 20 minutes. Stir in the 1¼ cups fine bread crumbs. Cool for 20 minutes. Process the pork mixture using a food grinder fitted with a fine blade. Or finely grind pork mixture, *half at a time,* in a food processor bowl.



For a spread, pack liverwurst firmly into an 8-cup container. Or for slices, pack the mixture into two 8x4x2-inch loaf pans. Cover and store meat in the refrigerator for up to 2 weeks. (Or, cover, seal, label, and freeze.) Serve meat thinly sliced or as a spread with assorted crisp crackers and breads. Makes 2 pounds.

Photographs: Scott Little

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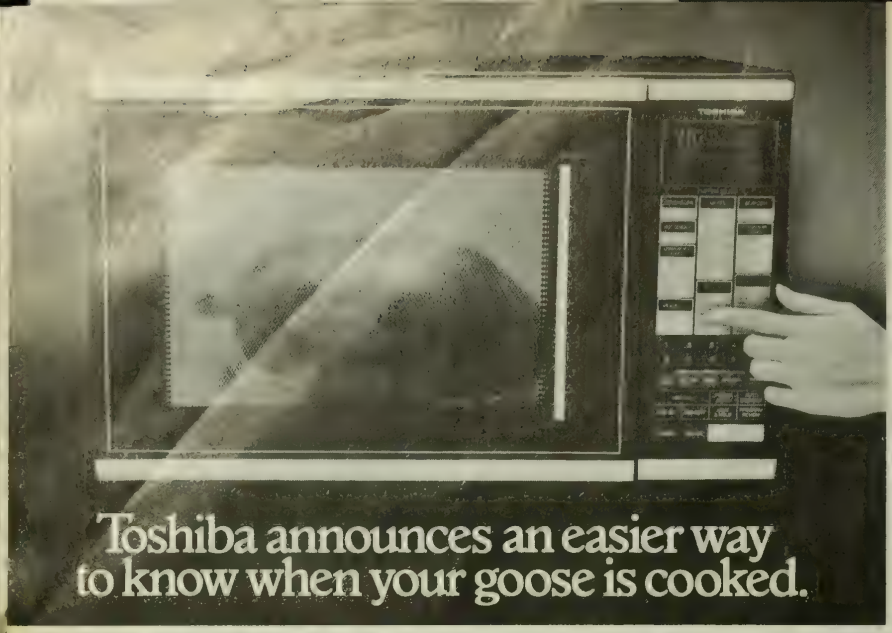
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FOOD

A Super Supper: Low Cost, Low Calorie

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PAPRIKA-SAUCED BURGERS

- **1 pound ground beef**
- **2 tablespoons finely chopped onion**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **2 small onions, thinly sliced and separated into rings**
- **½ cup water**
- **½ teaspoon paprika**
- **½ teaspoon instant chicken bouillon granules**
- **½ cup plain yogurt**
- **2 teaspoons cornstarch**
- **1 tablespoon snipped parsley**
- **2 English muffins, split and toasted**

Combine the ground meat, the 2 tablespoons onion, the salt, and pepper. Shape into four ½-inch-thick patties. Place patties on unheated rack of broiler pan. Broil 3 inches from heat until of desired doneness, turning once. (Allow about 8 minutes total time for rare; about 10 minutes for medium; and about 12 minutes for well done.)

Meanwhile, for sauce, in a saucepan combine onion rings, water, paprika, and bouillon granules. Bring to boiling; reduce heat. Cover and simmer 5 minutes or till onion is tender. Combine the yogurt and cornstarch. Stir a little of the bouillon mixture into the yogurt mixture; return all to saucepan. Cook and stir till thickened and bubbly. Cook and stir mixture 2 minutes more. Stir in the parsley. Serve each burger atop a muffin half. Top each with the yogurt-onion sauce. Makes 4 servings.

For each serving: 298 calories, 27 g protein, 18 g carbohydrate, 12 g fat, and 551 mg sodium.



HERBED GARLIC BROCCOLI

Try this side dish with cauliflower instead of the broccoli; the calorie count is almost the same—

- **1 10-ounce package frozen broccoli cuts**
- **1 tablespoon butter *or* margarine**
- **1 teaspoon lemon juice**
- **¼ teaspoon dried basil, crushed**
- **Dash garlic powder**
- **Dash pepper**

In a saucepan cook the broccoli according to package directions; drain. In a small saucepan melt butter or margarine. Stir in lemon juice, basil, garlic powder, and pepper. Add to the broccoli; toss to coat. Makes 4 servings.

For each serving: 46 calories, 2 g protein, 4 g carbohydrate, 3 g fat, and 47 mg sodium.

FRESH FRUIT SALAD

- **2 oranges**
- **1 small apple**
- **Lettuce leaves**

Peel oranges; section over a bowl, reserving juices. Slice and core apple. Toss apple with juice. Arrange orange and apple atop lettuce. Serves 4.

For each serving: 47 calories, 1 g protein, 12 g carbohydrate, 0.3 g fat, and 0.9 g sodium.

Photograph: Scott Little

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REMODELING

Face-Lift for a Converted Porch



Half-hearted porch or patio conversions often result in awkward architectural effects that are difficult or costly to camouflage. What to do? Try some imaginative coverups like the ones incorporated in this handsome porch-turned-dining room.

Originally, this space had been a covered patio adjoining the living room. When the previous owners converted the patio into dining space, they installed skylights in the roof but left other surfaces virtually intact, including a brick floor set in sand and a sloping, exposed-beam ceiling.

The present owners decided to preserve the outdoor feeling of the room but give it a more finished look. To camouflage the irregularities of the sloped ceiling and skylight openings, they installed wall-to-wall redwood lattice at standard ceiling height. A grid structure of 4x6 beams and 2x4 cross members provided a framework for nailing up the lattice. The beams, which were set on 54-inch centers, extend outside the dining room windows (not shown) to support a new trellis. Indoors, recessed fixtures mounted in the grid supplement natural light that filters softly through the lattice beneath the skylights.

Other changes included stabilizing the old porch floor and reworking the wall adjoining the living room (at far left in photo). The rustic brick flooring was reset with mortar on a new concrete slab, and the living room wall was transformed into a series of deep bays fitted with French doors. To create the bays, a new opening was cut on each side of the existing one and framed with wide piers. The bay on the left and the one in the middle open to the living room. The third bay leads to other parts of the house, directing traffic around the living room instead of through it.

Photograph: Ernest Braun. Architect: Paul Bruno Mrozinski, AIA
Field editor: Barbara Cathcart



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Margaret Daly

CONDOS: What to Know Before You Buy

It's important when you shop for a condominium to check out the construction, the financial viability of the development's organization, and general features of the community. But you also must study the rules and regulations that govern the complex. These can affect such things as selling or subletting your condo, as well as various financial and other matters while you live there.

While day-to-day management of a condo community normally is contracted out to a managing agent, the complex is governed by a voluntary group of owners, usually known as the homeowners association. All owners belong to this association, which is run by an elected board of directors. One of the association's prime responsibilities is to preserve the investment each owner has in the complex—a task often accomplished by imposing certain restrictions on all owners.

Before you buy, consult with a local attorney or realtor experienced in condominium transactions. Check out the homeowners association itself and the reputation of the managing agent. Also study the development's prospectus and bylaws, as well as minutes of recent association meetings. Some potentially important limitations include these:

Ownership restrictions

Many condominium complexes restrict ownership to certain types of buyers. For example, some organizations say that only people over age 45 can buy, some do not allow children or allow only those above a specific age, others do not allow pets. Before you fall in love with the place, make sure that you'll qualify under the community's rules.

Resale limitations

The homeowners association may be given the right of first refusal on purchasing your apartment when it comes time to sell. Typically, once you secure an offer from an outside buyer, the association must first be given an opportunity to match the offer within a specified period of time, such as two weeks. Their purpose in buying might be to stabilize prices within the complex, or to obtain living space for someone like the manager. If they do not exercise their right to buy within the specified time period, you are then free to sell. When you talk with prospective buyers you should, of course, inform them of the association's right of first refusal.

Limits on subletting

Very often these days, homeowners associations severely limit or totally bar the subletting of condo units. (The general assumption is that renters will not care for the property or participate in the condo community in the same way as owners.) Such restrictions can complicate your future plans of traveling extensively, making a temporary job change, or relocating.

Liability for the former owner's fees

All condominium owners must pay a monthly homeowners fee in addition to any mortgage payment they might have. The purpose of the fee is to contribute to general upkeep and other ongoing matters for the community. Depending upon state law and the specific community's rules, a buyer may be liable for a previous owner's unpaid fees. That fact may not be spelled out in the actual documents. Before you buy a previously owned unit, be sure to find out whether the former owner is current with homeowner fee payments. Also see

continued

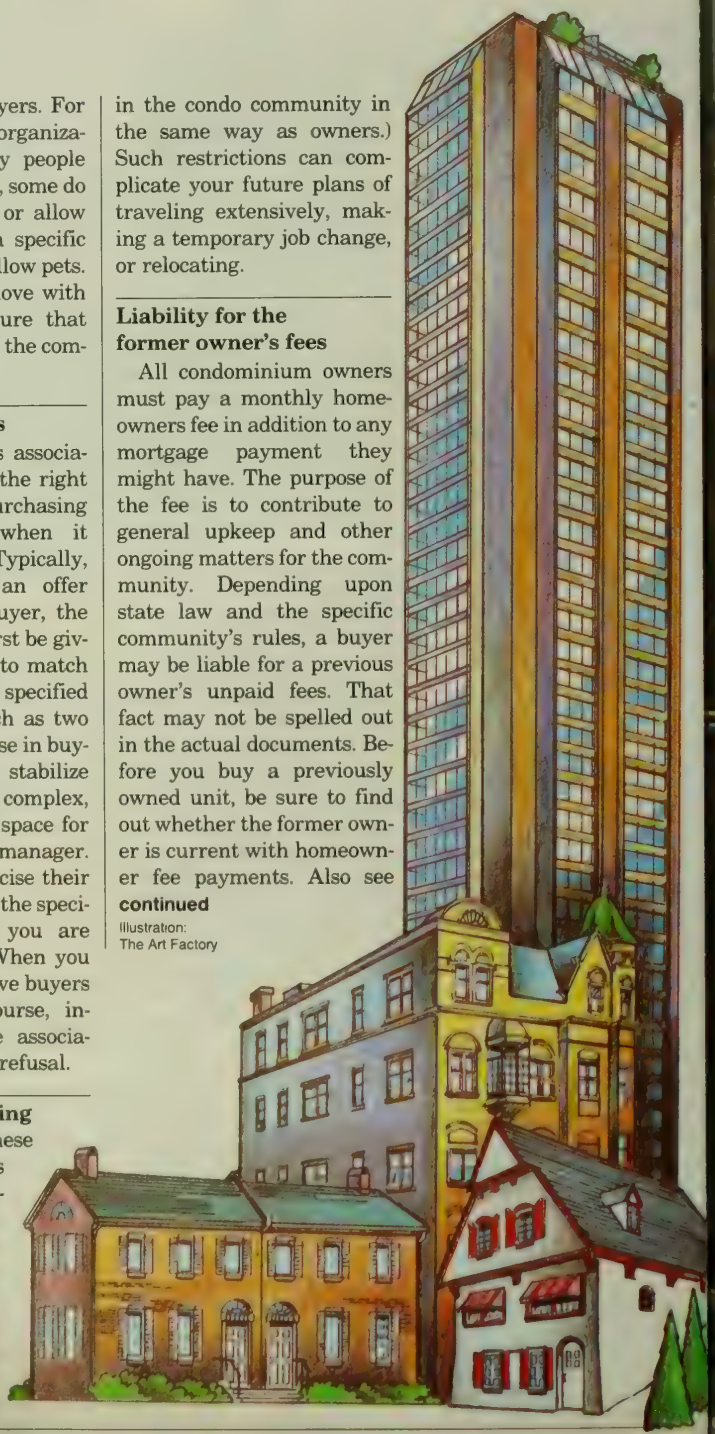


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continued

Condo buying

that you are not liable for any special assessments that the previous owner may not have paid.

Fee hikes and assessments

The homeowners association board or the association members have the right to increase homeowners fees and impose assessments for various improvements in the complex. These decisions can be made by a majority or fixed percentage vote, depending on the rules of the community.

Your best protection is to obtain information in advance: How much have homeowners fees risen in the immediate past, for example? How often have special assessments been made for such things as repairs or new equipment? Has the group of owners tended to press for expensive upgrades of common areas or new facilities? Such improvements may be welcomed by those who could easily afford the assessment, but less welcomed by others. By obtaining a history for, say, the past five years from the seller or the managing agent, you'll get an idea of what future increases might affect your pocketbook as an owner.

Also inquire about plans for potential fee-raisers like these: The building staff, such as porters, doormen, and maintenance people, are due for a raise as a result of recent or upcoming labor negotiations. Some kind of major renovation or landscaping project is planned for the near future. Utility or heating bills are due for a large increase. And so forth.

Delay of deed delivery

Sometimes early buyers in newly constructed complexes are not given a deed at the closing because the builder is required by his bank to get a certain number of the units sold before any deeds can be turned over to new owners. Be sure that you get your deed as soon as possible. It is your only evidence of ownership. If you want to sell your apartment and you don't have a deed, you may have to go through the costly and time-delaying process of suing the contractor to get a deed.

—By David Kennedy

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A WORLD OF CHOICE. Large reupholstering establishments can carry a thousand samples. Smaller shops have hundreds. You also choose from different grades of quality. You have plenty of room to maneuver within a budget and still find the floral, the small print, the pastel tone you visualized and that works well with your room scheme.



CHOOSING FOR WEAR. Wear is judged by a classic rule: "The tighter the weave the longer the wear." This means: threads to the inch. One inch of fabric with 5 thick threads doesn't have the strength of one inch packed tight with 30 to 40 thin threads. Hold the fabric up to the light. The less light that shows through, the tighter the weave. Natural fibers take color richly. Man-mades have great strength and resilience. Hence, the blendings; Cotton with polyester, or rayon, for example.

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DECORATING

Artful Accenting





Imagining this room *(top)* without accessories, wall hangings, and collectibles emphasizes that these details set the scheme apart. This "finished" look is accomplished by carefully choosing each accent to assure that it adds character—not clutter—to the room. If you keep this in mind when you accessorize, your results can be eye-catching, too.

Too many accessories can end in visual chaos, but when you limit the number of accents, the results can be attractively refined. On the tea table, for example, a simple crock filled with flowers and a porcelain bowl underline the room's restrained beauty. The wall display *(above)* is consciously sparse, too. Each collectible gets solo billing on its own individual shelf. The star of the ensemble, a gracefully crafted swan, is artfully silhouetted against the garden outside.

You'll find that new and old do mix when it comes to accessories. In this setting, vintage and contemporary pieces harmonize because of their common simplicity. This is particularly true of the collections displayed around the window. Most of the carved birds are present-day works, but the Chinese porcelain and tobacco tins have a long history.

Photographs: Jessie Walker. Design: Mary Ann Kovac
Field editor: Mary Anne Thomson

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FOOD

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Ever since the French created their recipe for croissants, rich and flaky crescent-shaped yeast rolls, connoisseurs have enjoyed serving them with favorite jams and jellies. Here, savory seafood and poultry fillings help turn this tender delicacy into light lunchtime fare. Look for fresh-baked croissants at your local bakery or buy heat-and-serve or frozen croissants at your supermarket. You'll find such varieties as plain, whole wheat, and wheat and honey.



SHRIMP AND VEGETABLE SANDWICHES

To serve these sandwiches warm, wrap the croissants in foil before filling and heat in a 350° oven about five minutes. Or, heat them according to the package directions—

- ½ cup mashed avocado
- 1 tablespoon milk
- Several dashes bottled hot pepper sauce
- 4 whole wheat croissants, halved lengthwise
- 4 1-ounce slices Camembert *or* Havarti cheese
- 1 large tomato, sliced
- 1 4½-ounce can tiny shrimp, rinsed and drained
- Alfalfa sprouts

In a small bowl combine mashed avocado, milk, and hot pepper sauce. Spread both cut halves of croissants with mashed avocado mixture. Layer Camembert or Havarti cheese, tomato slices, drained shrimp, and alfalfa sprouts atop avocado mixture on bottom halves of croissants. Place remaining croissant halves atop alfalfa sprouts. Makes 4 servings.



APRICOT-WALDORF CROISSANTS

Enjoy this crunchy, creamy filling tucked inside either plain or whole wheat croissants—

1 8-ounce can unpeeled apricot halves
1 small apple
1 tablespoon lemon juice
1 cup cubed cooked chicken *or* turkey
¼ cup finely chopped celery
¼ cup chopped pecans
⅛ teaspoon salt
1 3-ounce package cream cheese, softened
Spinach leaves
4 frozen wheat and honey croissants, thawed and halved lengthwise

Drain and chop apricots, reserving *2 tablespoons* liquid. Core and chop apple. In a medium bowl sprinkle chopped apple with the lemon juice. Add the apricots, chicken or turkey, chopped celery, chopped pecans, and the salt. In a small bowl stir together cream cheese and the reserved apricot liquid. Stir into chicken mixture till well combined. Cover and chill. To serve, place spinach leaves atop bottom halves of croissants. Spoon the chicken mixture atop spinach. Top with croissant halves. Makes 4 servings.

Photographs: Scott Little



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DECORATING

Sophistication for a Sun Porch

Enclosing a porch not only gives you extra, year-round living space, it also opens up new furnishing possibilities. Casual wicker or rattan furniture may be the traditional choice for sun rooms, but your options don't necessarily end there. If your porch is protected from strong sunlight, either with window treatments or natural shade, you can create a sophisticated scheme.

Begin by setting the stage with a sleek background. In this converted porch, for example, buff-colored walls and a parquet floor belie the room's modest origin. Then choose simple furnishings that mix practical comfort with style. Here, matching white sofas are paired with black side chairs and an ornate lacquer coffee table. Placing the furnishings on a diagonal emphasizes the drama of the grouping and also makes the porch seem wider.



Photograph: Jessie Walker
Design: Carolyn Yelton

A Bedroom Designed For Leisure



Your bedroom becomes a personal retreat when you save some of the space for your leisurely pursuits. If you enjoy reading, for instance, find room for a comfortable chair or chaise and a good reading lamp. If writing letters is a favorite pastime, then include a small desk or writing table. Here's a success story that integrates several individual needs into a cohesive scheme.

An heirloom canopy bed generously draped with soft fabric is the centerpiece of this bedroom/retreat *(right)*. Flowing curtains, tied to the posts and shirred behind the headboard, make the bed a cozy enclosure within the expansive room.

Nearby, a tall secretary placed in a slim wall space between two windows, makes an otherwise wasted area a productive and attractive one. Besides providing a quiet place to write or do paperwork, the glass-doored desk displays a collection of antique plates.



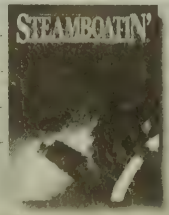
On the opposite side of the room, a small-scale sofa and slipper chair compose a tiny sitting area *(above)*. Plump toss pillows on the sofa and a pair of pharmacy lamps make the spot especially inviting for reading. The small square table is high enough to serve a casual breakfast or snack.

Repetition of colors ties the scheme together. Neutral hues unify the large background areas like the floor, walls, windows, and ceiling. Accessories provide punches of vibrant color that bring the room to life.

Photographs: Steven Fridge
Design: Charlene Ho Wong and Nitza Shawriyeh
Location: East Bay Designers' Showcase '83
Field editor: Barbara East Cathcart



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DECORATING

New Looks For Aging Bathrooms

It may be easier and less expensive than you think to give your aging bath a fresh new look. If the bathroom fixtures are in good shape, and structural changes aren't part of your plan, a face-lift may be all it takes to update a down-and-out decor. For some simple ideas, take a look at these examples.

The good looks of this bathroom *(above right)* belie both its basement location and its vintage. A laminate-covered counter with an eye-catching round shape is the main new addition to the room. The unit stretches wall-to-wall and is topped with the large mirror to expand the room's appearance.



Other cosmetic fix-ups include textured wallpaper that hides the old basement walls and sleek mini-slat blinds that help camouflage the awkwardly placed window. Easy-to-install, adjustable track lights top the mirror to brightly light the area. Contemporary plastic shelves and an inexpensive cabinet (reflected in the mirror) provide storage for towels and supplies.

The wall tile in this 1960s bathroom *(below)* dated the decor, but its good condition made it worth keeping. The homeowners decided to liven up the tile by topping it with shiny foil wallpaper. The shimmering paper is a definite nod



to contemporary design, but its grid pattern echoes the original tile and ties the new and old generations of wall treatments together.

High-tech track lights and mirrors contribute more sparkle to the decor. Even the standard cabinets get new style with sleek chrome hardware and gleaming white paint.

Photographs: Hopkins Associates. Design: Ferris Cordner Thomas Design, Inc. Field editor: Patricia Carpenter

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Exquisite BABY GIFTS

By Ann Levine and Beverly Rivers

Delightful projects like these are custom-made for a baby's birth. Such a special occasion calls for exceptional gifts and our choice selection of things to make and buy includes a cozy crib quilt and personalized cross-stitch sampler *(above)*. To make the quilt, stitch letters to fabric blocks and trim with purchased appliqués; for the sampler, embroider the design, adding name and date last. (Ours was made for twins.) A pretty-as-a-picture frame *(right)* is worked in traditional cross-stitches using perforated paper instead of fabric for a lively new twist. All three projects are based on the same lovely design.

For an infant-size version of this enchanting handmade dress *(right)*, see the christening gown on the following page.

Please turn the page for more projects and gifts.



For instructions, see page 148. Buying information, page 175. To order patterns or kits, see page 173.

Designs: Quilt, Carolee Knutson; sampler, Laura Holtorf; picture frame, Gene Rosenberg; dress, Folkwear Patterns
Photographs: Mike Dieter

Exquisite BABY GIFTS

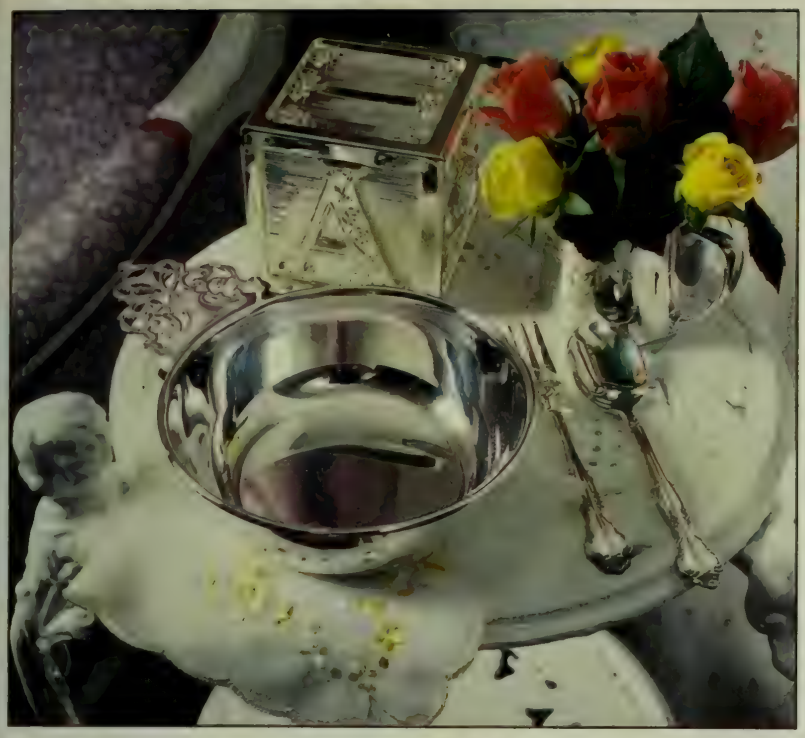




Heirloom-quality gifts for babies, like this christening gown *(above and right)*, will be cherished for years. Make it from a brand-new pattern by Folkwear and embellish the front with ribbons and embroidered flourishes in pastel colors. A matching bonnet completes this petite ensemble. (Mother's dress is stitched from a Folkwear pattern, too.)

Commemorative dishes and accessories are a thoughtful way to mark the arrival of a newborn. All of these pieces *(right)*, including the Bunnykins teaching clock, cereal bowl, two-handled mug, and charming Jemima Puddleduck, are made by Royal Doulton to last an entire childhood.











Use your ABCs and your stitchery skills to make this quick-and-easy smocked bib *(left)*. Designs coordinate with the quilt and sampler, *page 93*.

Celebrate happy occasions in a baby's life with these silver-plated pieces *(above left)*, which can be engraved with baby's name and birthday for a personal touch. Pieces include an alphabet bank, alphabet cup, and porringer with matching fork and spoon, all by Oneida.

Both children and adults will be smitten with these dancing bear dishes *(top)* from Country Notebook. The bear bank, spoons, and fork are Oneida designs. Tom Kitten is available from Royal Doulton.

Babies will love growing up with this four-piece child-size Teddleybear set *(above)*, available from Aynsley.

For instructions, see page 148. Buying information, page 175. To order patterns or kits, see page 173.

Designs: Dresses, Folkwear Patterns; bonnet and embroidery, Phyllis Dunstan; bib, Jean Norman

Full-Size Comfort for Compact Bedrooms

There's no trick to giving a small or mid-size bedroom the comfort of a full-size room. As these two examples prove, comfort comes in many sizes. With space-efficient furnishings for practicality and space-expanding colors for airiness, you can turn even a modest-size space into a full-time retreat. Here's how.

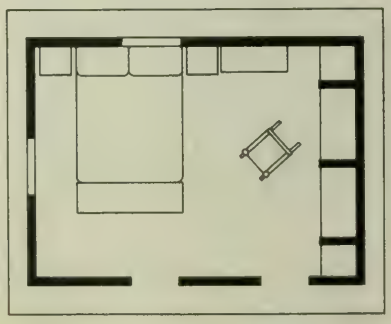
By Denise L. Caringer

The small master bedroom in this older home *(right)* gains its eye-appeal from crisp colors and a mix of modern and vintage furnishings.

The platform bed teams with matching storage pieces that cleverly form a "footboard." Placing the chests against the bed also minimizes clutter by turning sleeping and storage space into one cohesive unit.

Even in a small space, there's room for color and personality. The warmth here comes from some old-fashioned furnishings, like the antique armoire (painted white to meld it into the scheme), an inviting rocker, and homespun curtains. Handmade quilts add bright accents of red.

Next to the armoire, new closets *(below)* make use of a once-wasted wall. Devoid of decoration, the closet doors blend into the wall to conceal a wealth of modern-day storage space.





Photographs Mans/Semel Design Claudia Sargent Field editor Estelle Guralnick






FLOUR

Full-Size Comfort

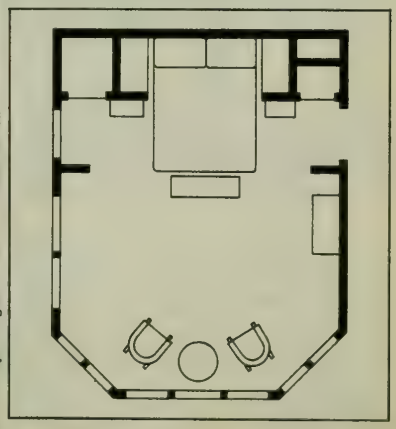
The need for expanded closets and a bedroom vanity area prompted the redesign of this medium-size master bedroom *(left)*.

The bed snuggles cozily into a recess that was created when a new, walk-in closet was built on one side, and a vanity (with a sink) was added opposite it.

Space-saving touches complete the niche. Cutouts in the new walls provide easily accessible bedside storage, and shutters form a "headboard" that also creates the illusion of a window. Finally, floor-to-ceiling bookcases frame the inviting sleeping area, providing even more valuable storage in just a few square feet of space.

Maximize your bedroom storage, as shown, and you'll free a spot for other, more body-soothing comforts. Here, two old wicker rocking chairs and a skirted table *(below)* take advantage of the sunny windows near the foot of the bed. The shutters add texture, charm, and privacy.

Buying information, page 175.





Photographs: Ernest Braun. Design: Casa Madrona/Wayne Ruga. Field editor: Barbara Cathcart



A Family Bath with *Built-In Convenience*

By William L. Nolan

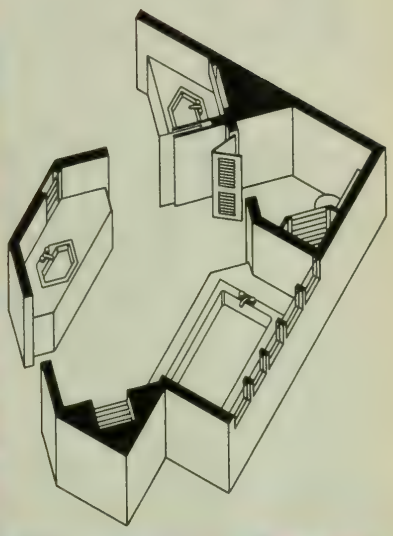
Photographs: Shimer, Hedrich-Blessing
Design: Bloodgood Architects PC
Illustration: Carson Ode

Changes in lifestyles and new options in fixtures, finish materials, and grooming paraphernalia are reshaping today's bathrooms. The cold functionalism of the '40s and '50s is giving way to luxurious retreats that delight the eye and soothe the spirit. But how do you incorporate more convenience, creature comforts, and eye appeal without building your bath on a baronial scale? To answer that question, we joined forces with the Kohler Company and a team of professional designers, who met the challenge by producing the stunning bath shown on these pages.

Hex-shaped plan

The basic 10x14-foot space is divided into three compartments *(see plan)* that angle gently into each other, creating the impression of a much larger space. The main compartment connects with the bedroom hall at one end and opens to









the toilet compartment and the master bedroom at the other. Triangular wedges of space tucked between the compartments house built-in storage modules.

Whirlpool luxury

The focal point of the main compartment *(opposite)* is an elegantly sculptured whirlpool tub that nestles into its own alcove beneath a large greenhouse-style window. Opposite the tub are two built-in vanities, one of which serves the master bedroom (beyond the pocket door). Each vanity is fitted with a hex-shaped lavatory and topped with raspberry-hued laminate to match the ceramic tile on the floor.

A wealth of storage

The vanity in the main compartment *(above)* features wraparound mirrors, undercounter storage, and a slim-line medicine cabinet. A deep niche at the far end of the room offers open shelving for towels and display items plus extra cabinet space below, and a smaller niche in the toilet compartment *(right)* houses toilet tissue and cleaning supplies. Door fronts on the upper units are paneled in beech to match the tub platform. Beech trim on the countertops extends along the wall to form a continuous wainscot.

The extra vanity in the adjoining master bedroom *(right)* fits neatly into its own triangular niche, freeing floor space nearby for circulation and dressing. The narrow wedge of space at the back of the niche accommodates a second medicine cabinet (behind the mirror) plus a mirror-lined "garage" that stores such items as a hair dryer and electric toothbrush. A paneled door slides down to conceal the contents of the garage when they're not in use.

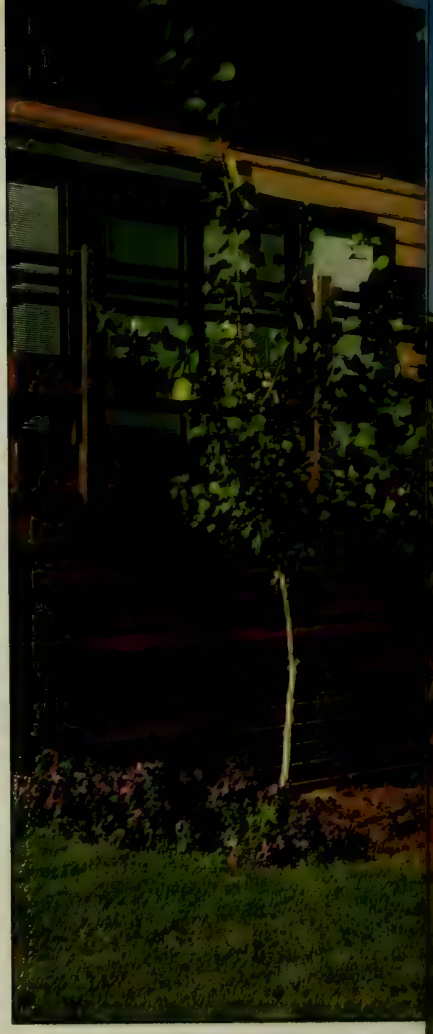
Buying information, page 175.

Step-by-Step

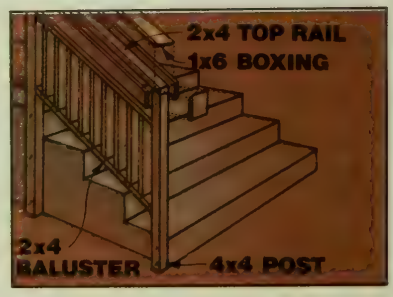
RAILINGS AND FENCES

By William L. Nolan

Adding a railing or fence is a great way to give the old homestead a personalized touch. If you'd like more privacy for outdoor living, an attractive backdrop for the garden, or a sturdy rail for porch, deck, or steps, study the custom-crafted examples on these four pages. One may be just right for your needs.



BOARDS AND BALUSTERS



It's easy to give your railing or fence design a professional look even if you're using simple construction techniques and basic building materials. One trick is to pair two strong visual elements that complement each other. This sturdy redwood railing *(below)* combines 2x4 balusters and a boxed top rail. The baluster sections are framed with 2x4s, and the boxing is cut from 1x6s. They're supported by three 4x4 posts mounted to the back side of the stair platform. Lengths of 2x4 concealed inside the boxing add structural rigidity.

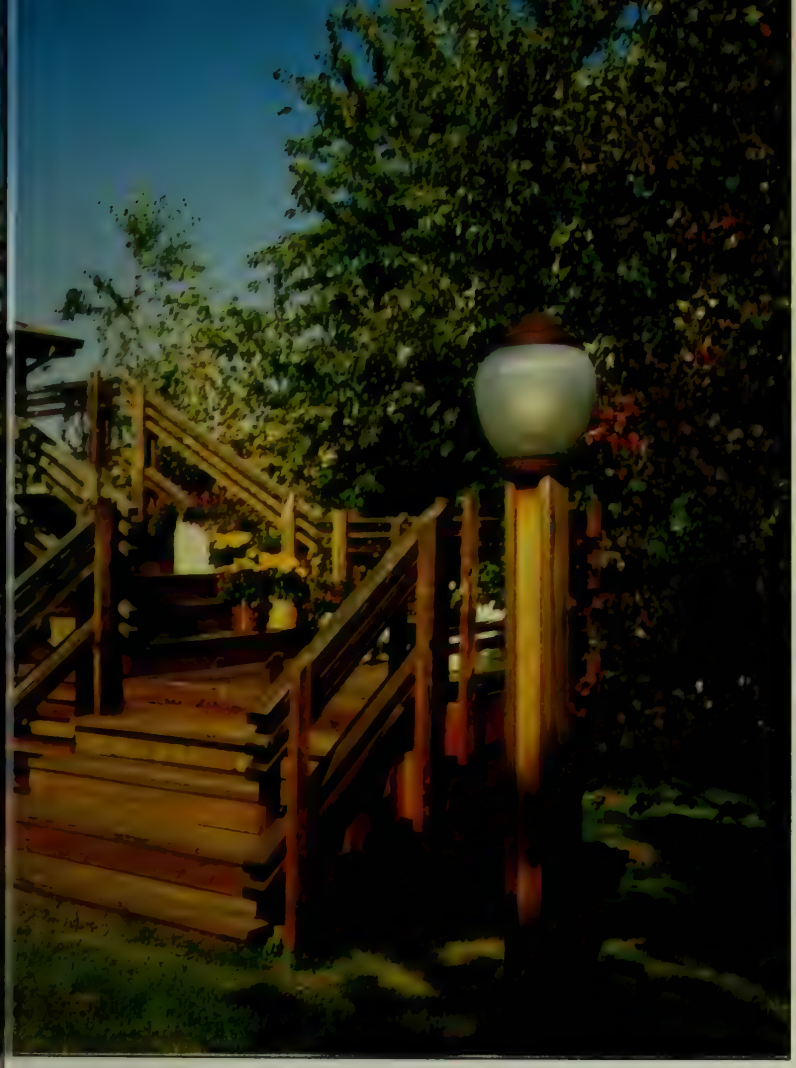
1 Measure and cut the uprights, then bolt them to the outside of the platform (or nail them to the inside of the platform framing before adding the stair treads).

2 Connect the top ends of the uprights with 2x4 stretchers, then measure and cut 2x4 crossbars for the baluster sections and nail them in place. Make sure that the boxing and the crossbars are parallel, and that the distance between the boxing and the upper crossbar is the same in each section.

3 Measure and cut 2x4 balusters and nail them to the crossbars (brace the crossbars with scrap wood temporarily), then add boxing on the top rail.



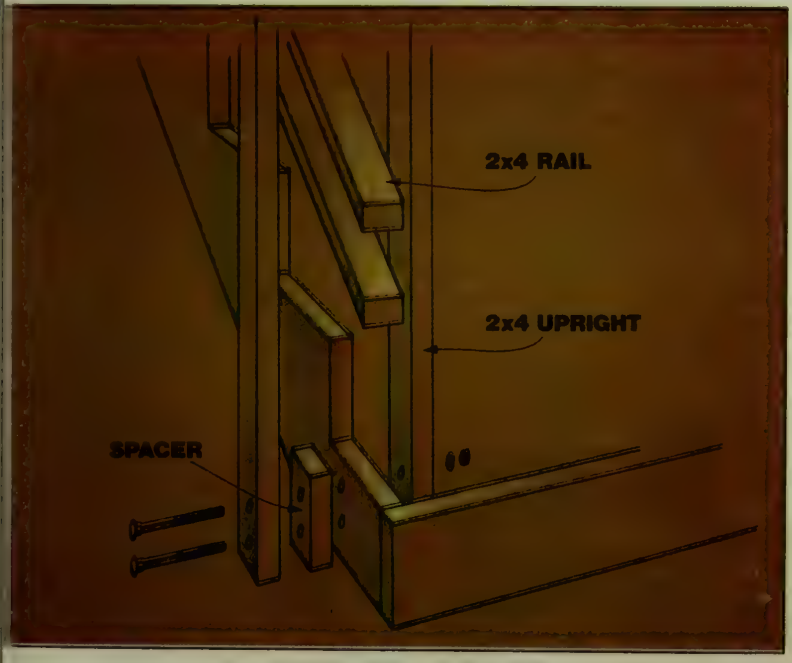
Photograph: George Ceolla. Designer/builder: Kent Welsh
Field editor: Maxine Schweiker



BEVELED REDWOOD STOCK

This handsomely detailed staircase demonstrates another way that you can achieve striking effects with simple techniques and materials. It sports a railing that's constructed entirely with redwood 2x4s. A subtle manipulation of form produces the distinctive architectural look. The rails are grouped into two bands instead of being spaced evenly top to bottom, and their ends are cantilevered and beveled *(below)*. Also, the uprights are extended an inch or so at each end, and the upper ends are sawed parallel to the top rails.





1 Measure and cut the uprights, allowing for an extension and (where applicable) an angled cut on the upper end.

2 Tack a set of uprights to one side of the stair framing to determine the length of the railings for each section. (Allow for overlap where the railing terminates or turns a corner.)

3 Cut railings to the proper lengths and mark their exact position on the uprights. Use wood scrap to gauge the spacing between railings.

4 Using 16d galvanized casing nails, join the uprights to the railings to form the individual sections.

5 Mount each section on the stair framing by securing the bottoms of the uprights with ⅝-inch-diameter carriage bolts. (Where necessary, add spacers between the stair framing and the uprights.)

Photographs: George Ceolla. Builder: Gaylen Eller
Landscape architect: Rich Gardner, Crosse-Gardner Associates. Field editor: Maxine Schweiker

RAILINGS AND FENCES

PORTABLE PICKETS

Trimming and mowing this picket-fenced lawn *(right)* can be done in one simple operation. Each fence section hangs on a set of rail supports and lifts out separately *(below right)*, making room for the mower to clip the fringe along both sides of the fence at once. The picket design takes its cue from the finials—stock items available at most lumberyards and building centers.

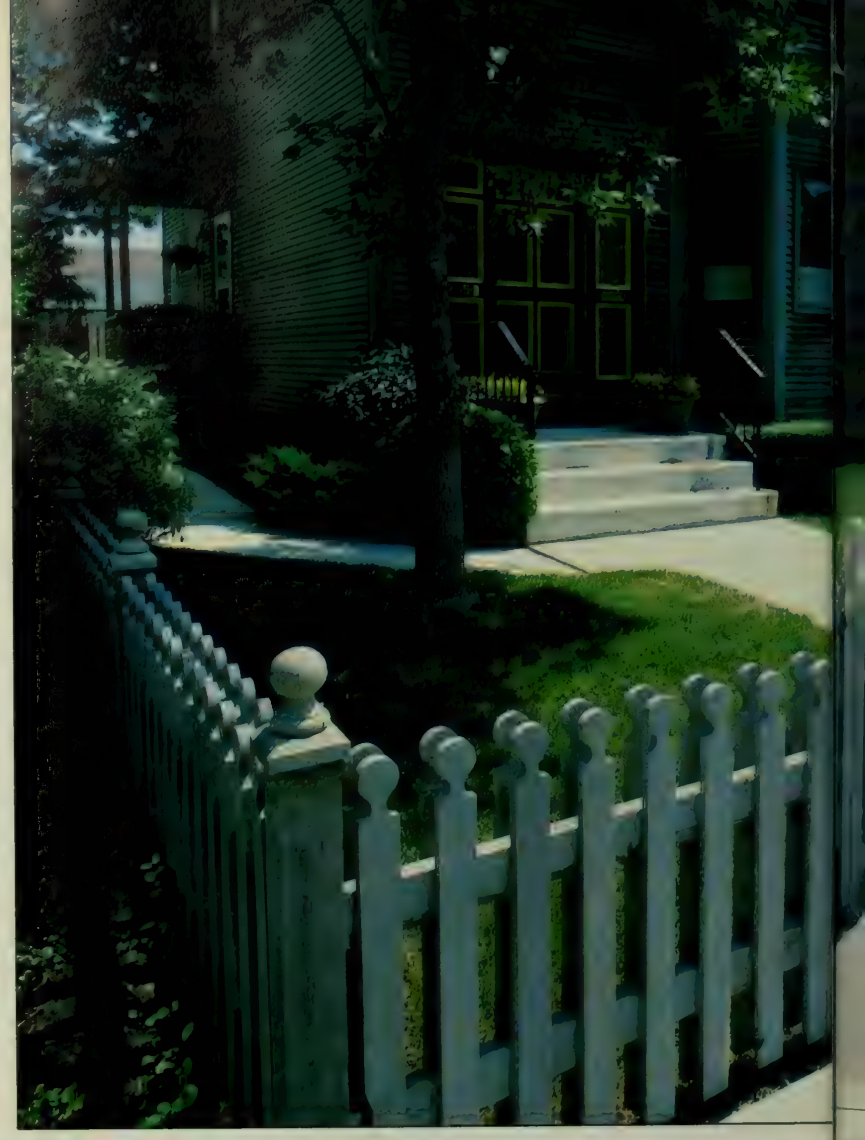
1 Cut 4x4 redwood posts so that at least ⅓ of each post will be below ground, and install them 6 to 8 feet apart. Anchor each post with mortar, rocks, or tamped earth, checking periodically for plumb.

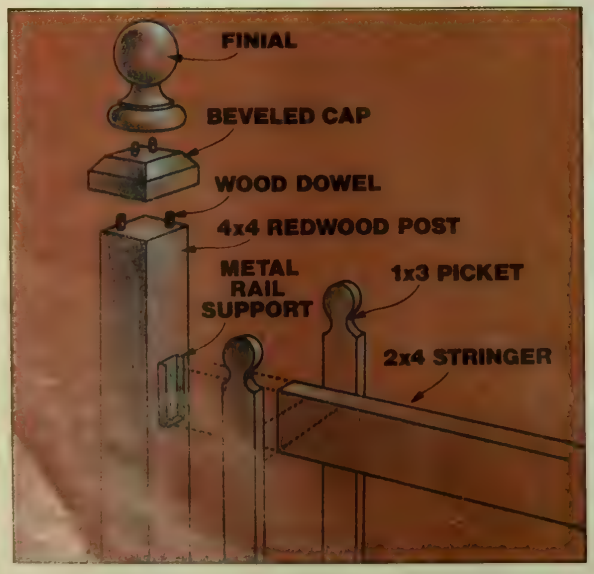
2 Measure and cut 2x4 stringers for the fence sections, and cut the pickets from 1x3 stock (for maximum durability, use redwood or cedar).

3 Assemble each section with galvanized box nails and set it in place to position the rail supports, then nail the supports to the posts.

4 Cap each post with a finial, securing the finials with wood dowels and waterproof adhesive.

Photographs: Hopkins Associates. Design: Jim Heine
Field editor: Pat Carpenter









LATTICE AND PLANTS

Deck railings make handy places to display plants, but in high-traffic areas the pots may get knocked off accidentally. Here's an eye-pleasing solution: top your railing with a plant rack. This charming version *(below)*, which teams lattice panels with spritely finials, cradles the pots in a series of holes in the upper ledge *(bottom)*. Gingerbread-style gussets spaced midway between the posts help support the ledge.

1 Nail 2x4 stiffeners to the inner side of the deck framing at 6-foot intervals (cut them long enough to overlap the full depth of the framing).

2 Form posts around the stiffeners with 1x6 boxing and nail 2x6 stringers between the posts.

3 Top each post with a 1x6 spacer, then add 1x6s to form the plant ledge (each 1x6 should span at least three posts). Cut a series of holes in the ledge to accommodate pots.

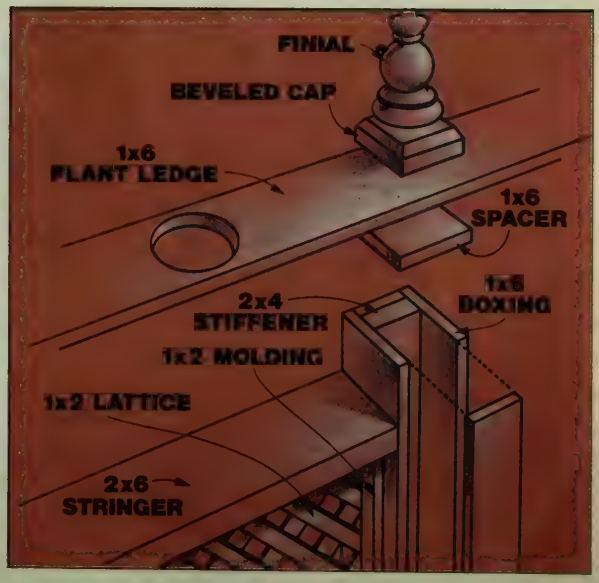
4 Fabricate the lattice panels with 1x2 treated pine (or purchase ready-built panels) and nail each panel in place with a frame of 1x2s.

5 Using dowels and moistureproof glue, attach a finial and beveled cap to the ledge above each post.

Photographs: Hopkins Associates
Design: Pamela Johnston. Field editor: Bonnie Warren







Color a Kid's Room

By Karol Brookhouser

Crayon-box colors that inspire young imaginations also can help you create an extra-special kid's room. Pick a brilliant green for the floor, shade the windows with sky blue, add sparks of pink and yellow, and your scheme will be bouquet-bright and as much fun as child's play! You'll find a wealth of colorful goods in stores today. Here, fanciful furnishings from Pier 1 Imports splash an attic bedroom with candy hues.

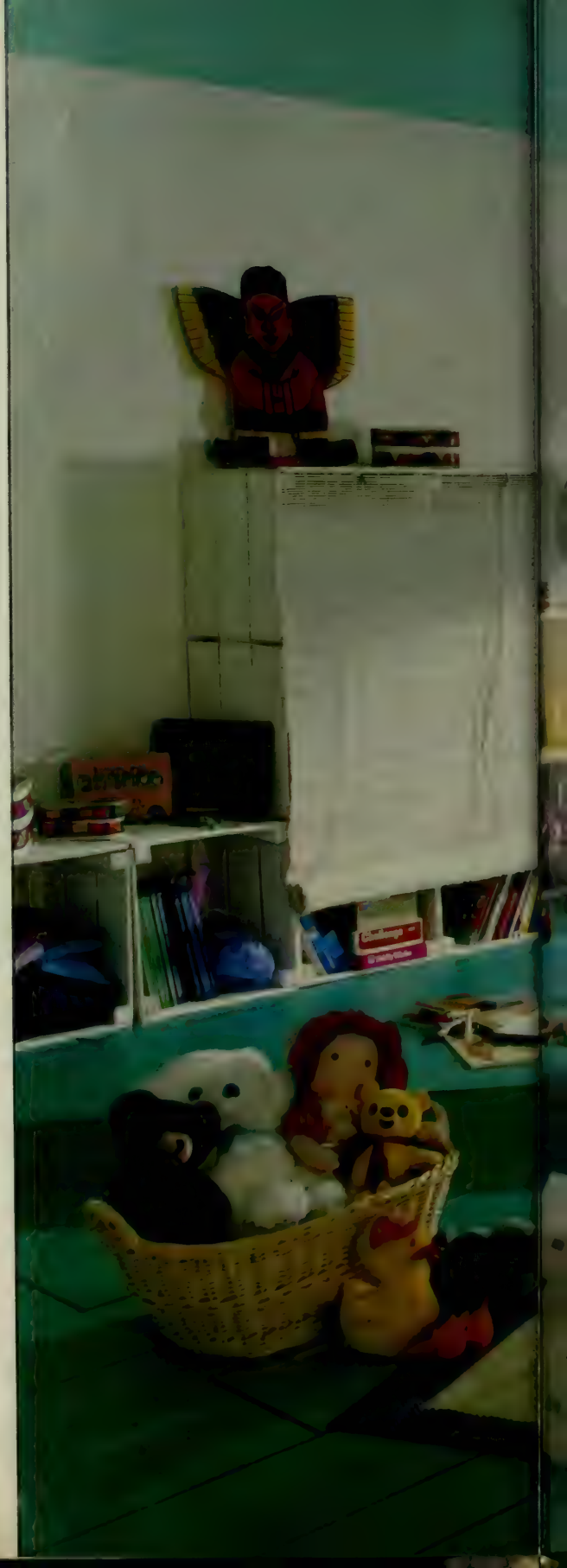
Begin with one super item and plan your child's room around it. A spunky maize area rug dotted with blocks of green, violet, and blue inspires this cheery color palette. A snappy green, pulled from the rug, gives the floor and ceiling unexpected impact. A red kid-size table and chairs, blue rice-paper window shades, a multicolored bedspread, and rainbow-hued pillows continue the whimsical color play.

Innovative use of furnishings makes your decorating results doubly rewarding. Here, white-painted storage cubes are stacked to form a handy stowing place for books, games, pillows, and clothing. A matchstick blind rolls down over the cubes to help control clutter. On the bed, rag rugs add practical durability plus peppy color. They save the bedspread from shoe prints and they can be rolled out on the floor for game playing.

SHOPPING LIST

Maize rug	$35
Red table	$50
Red chairs	$20 ea.
Storage cubes	$8 ea.
Matchstick blind	$7
Paper shades	$13 ea.
Rag rugs	$15-$26 ea.
Bedspread	$20
Pillows	$7-$16 ea.
Child's pine chairs	$10 ea.
Willow baskets	$18 ea.
Paper lanterns	$7 ea.
Painted boxes	$2-$4 ea.
Piñatas	$8 ea.

Photograph: Hopkins Associates
Design: Karol Brookhouser





Restyled KITCHENS

By David Haupert and CarolAnn Shindelar

Unless your kitchen is plagued by obsolete appliances or dilapidated cabinets, you should be able to give it a bright new look without spending a lot of money. In fact, you might be surprised at the dramatic changes you can orchestrate, simply by replacing the materials on your floors and countertops or by generously adding paint, wallpaper, and accessories. Here are three examples to spur you on. In each case, the homeowners spent only a fraction of what an average remodeling costs, yet created a new look and a psychological boost worth thousands.



Picture this room in its grim-looking "before" state, distinguished by dark metal cabinets, worn-out linoleum, rough-plastered walls, and a foreshortened corridor ending four feet this side of the back wall you see now. Then you can appreciate the cure administered mostly by the homeowner herself.

She began by dismantling the nonbearing wall that separated the kitchen from the enclosed back porch. This four-foot net gain of space opened up the kitchen and made room for a decorative and practical storage piece. Once the wall was gone, she removed the linoleum throughout, exposing a rough pine subfloor which a professional was able to salvage with careful sanding and finishing.

The owner attacked the walls next, sanding and priming them, then applying a cheery grid-pattern wallpaper. Her final step was to give the cabinets, ceiling, and wood trim a bright-white paint job—perhaps the most dramatic improvement of all.

■ *The wood beam across the ceiling* (opposite) *marks the spot where the porch wall used to be. Baskets, hanging pots, and other accessories are especially effective eye-catchers. The tile countertop remains unchanged.*

■ *A tasteful track unit on the ceiling adds both light and visual interest* (left). *The dark-stained wall cabinet combines with another on the other side of the window to create a balanced contrast with the white-painted cabinets.*

Photographs: Fred Lyon. Design: Sharon Sawyer
Field editor: Barbara Cathcart



Walking into this kitchen before it was redone was like stepping back into the '60s. Remnants of the Avocado Era abounded: the walls, cabinets, and refrigerator were shrouded in varying shades of avocado green, and even the black linoleum floor was bedecked with green swirls. In spite of its outdated color scheme, the rest of the kitchen was in good shape. All it needed was a cosmetic uplift to bring it into the '80s.

The first order of business was repainting the metal cabinets with rust-inhibitive almond paint. The clunky old hardware was cheerfully tossed out, and decorative pieces of oak trim were added; the trim is glued and screwed to the cabinets. The oak strips serve as new door pulls for each cabinet, and also hide the holes left by the metal hardware. Penetrating oil was used to finish the oak trim.

Big squares of vinyl tile now cover the floor, and the new countertops are slate brown laminate. The walls were brightened with warm pumpkin paint, banishing the avocado look forever. Rust-red Roman shades add a colorful accent.

■ *Salvaging the old metal cabinets was a thrifty way to revamp this kitchen* (below). *Repainting the cabinets and refrigerator (out of camera range on the left) cost about $1,500 (in the high-priced Chicago area); new cabinets would have cost thousands more.*

■ *A butcher-block trestle table and oak chairs echo the new oak trim on the cabinets* (right). *Southwest-style accessories give the room a warm, comfortable look.*



Photographs: Shimer, Hedrich-Blessing. Design: Suzy Taylor, ASID. Design sponsor: Rust-Oleum Corp.



The key to minimizing the costs of a kitchen spruce-up is to use existing cabinetry and appliances, if at all possible. To do this, you might need to refinish or replace the cabinet fronts, as well as spray-paint the appliances. But this frees up home-improvement money for other low-cost spruce-ups that can make even more striking contributions to your kitchen's eye appeal.

In this example, the major features of the 10x11-foot work area *(below)* were scruffy walls, worn countertops, an outdated pebble-look vinyl floor, and dark-stained cabinets. The owners gave the space a bright new personality with a white-on-white color scheme. They replaced the countertops with white laminate, resurfaced the floor with shiny white vinyl, painted all of the cabinets a matching white, and added contemporary new hardware. Lively graphic wallpaper peps up the old beige walls. The result: a cheery "new" work space without moving a thing—or going into debt.

■ *New ceiling-mounted spotlights were added to augment existing under-counter lighting* (below). *Now, the whites of the walls, floor, counters, cabinets, and ceiling form bright reflective surfaces that give the formerly gloomy space a sunshiny new outlook.*

■ *In the old format, this 7x7-foot dining L* (right) *was crowded by a long buffet/service counter mounted on the wall at left. The owners removed the shelflike unit, freeing enough space to accommodate a glass-topped dining table and a couple of cushioned wicker chairs. The door to the formal dining room is on the right.*



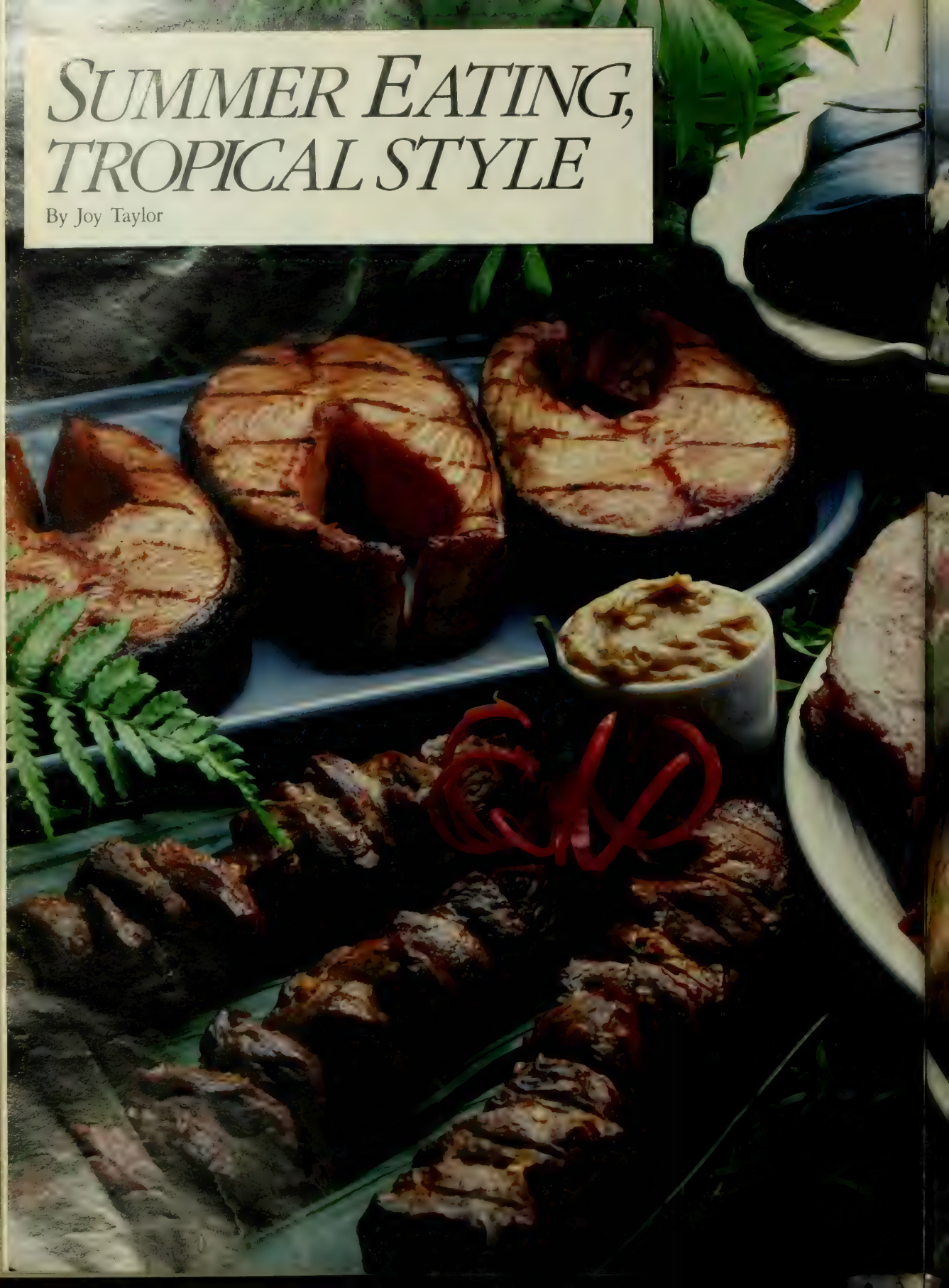
Photographs: Fred Lyon. Interior design: Victoria Fay and Associates. Field editor: Barbara Cathcart

Buying information, page 175.



SUMMER EATING, TROPICAL STYLE

By Joy Taylor





Summer is synonymous with carefree living and fun, and that's what your cooking should be, too. Cooks in such tropical regions as Southeast Asia, the South Pacific, and the Caribbean Islands parlay their native foods into refreshing meals with minimal effort. Now, you and your family can savor equatorial treats at home with our 20 tropically inspired recipes. The easy-to-do recipes for outdoor cooking, everyday main dishes and desserts, and a complete entertaining menu feature authentic ingredients available in specialty shops, along with their more common supermarket substitutes.

CAREFREE OUTDOOR COOKING

Twelve months a year, alfresco dining prevails in hot and humid locales. Although most of the cooking traditionally occurs over a pit, these recipes are simplified for the grill.

Satay is to Indonesians what hamburgers are to Americans. ***Lamb Satay*** *(front left)* served with ***Peanut Sauce*** pays homage to this nationally famous food. An orange marinade doubles as a basting sauce for Polynesian ***Marinated Fish Steaks*** *(back left).* If you've visited Hawaii, you've probably sampled a rendition of ***Grilled Laulau*** *(back right).* Here, each ti leaf holds bacon, fish, chicken, and spinach. For a fuss-free meal, a la the Caribbean, consider ***Roast Pork Calypso*** *(front right)* with plantains.

To order a wire basket for easy grilling, see page 173.

Recipes begin on page 122.
Buying information, page 175.

Photographs: William K. Sladcik, Inc.
Food stylist: Fran Paulson





LIGHT and EASY MAIN DISHES

Replace steamy meals in the summertime with refreshing culinary creations. Surprisingly—and deliciously—some of the most satisfying dishes from the tropics are spicy hot!

Made-ahead delicacies, such as ***Red Snapper with Avocado Sauce*** *(back left)* can help you put the chill in summer eating. When time allows, poach the whole fish, blend the creamy sauce, and refrigerate both. For a meal in a snap, line a platter with cilantro and top with the cooked fish and lime-enlivened sauce.

Tropical Scallop Salad *(back right)* combines a variety of ingredients found throughout the Caribbean and South Pacific Islands. For dinnertime convenience, you season the seafood, chicken, and carrots in a pineapple-wine dressing several hours before serving. Adorn the salad with cream-cheese-stuffed litchis and guava slices.

Stuffed Edam Cheese *(center)* personifies Latin American dining that's festive and easy on the cook, too. The hollowed cheese round holds a peppery shrimp and tomato filling. Serve ***Cassava Biscuits*** *(right)*, a Caribbean favorite, with this impressive entrée.

Egg roll lovers in your family will clamor for ***Lumpia*** *(left front)*—the Philippine version of this Chinese concoction. To add fun to the occasion, make this a participation meal. Let each person fill a shallow-fat-fried skin with a spiced pork and vegetable mixture. Include plum sauce or sweet soy sauce at the table for dipping.

Recipes begin on page 126.
Buying information, page 175.





SPLENDID DESSERTS and SIPPERS

Dreams of faraway islands inevitably include tantalizing thoughts of fruit-based desserts and tall sippers. This lineup of first-rate treats will fulfill all of your sweet fantasies.

Exotic fruits are common in all tropical countries because of similar climates. Super-quick ***Tropical Fruit Medley*** *(front left)* demonstrates Jamaican-style use of the bountiful produce. Carambola (star fruit), kiwi, berries, orange sections, and figs are capped with strawberry or cactus pear puree and whipped cream.

Tahitians make first-class use of papayas in such desserts as ***Cheese-Stuffed Papayas*** *(back left).* Serve this luscious fruit, filled with spiced ricotta cheese, warm from the oven.

When humid days hover, fend off the heat with ***Pineappleade*** *(in pitcher)* or ***Tamarind Slush*** *(center).* It's easy when you stash these refreshers in the refrigerator. For a silky-smooth sipper in seconds, whirl together fruit and milk for ***Mango Frappé*** *(back right).*

The island of Curaçao stakes claim to two-layer ***Rum-Ginger Mousse*** *(right).* Blue orange-flavored Curaçao liqueur colors the bottom half of this whipped-cream creation; rum and ginger mellow the top portion. It's an ideal chill-before-serving dessert.

If you're a coconut connoisseur, ***Haupia*** *(front right)* is the dessert for you. These Hawaiian molds are based on just three ingredients—coconut milk, sugar, and cornstarch. Garnish each portion with sliced guava or peaches and toasted coconut; serve them with ***Raisin Anise Pralines.***

Recipes begin on page 133.
Buying information, page 175.





A RIJSTTAFEL for a SUMMER PARTY

For a novel party scheme, adapt an Indonesian idea. The *Rijsttafel* (RYE-sta-ful), an elaborate food affair, is an ideal summer buffet. The menu provides a variety of contrasts: meat—seafood; spicy—bland; sweet—sour; crisp—soft; hot—cold. Follow custom and sample each specialty with hot rice. For a no-fuss parade of food, divvy up the recipes among friends to stage the potluck.

Aromatic dishes highlight the dinner. Cumin spikes ***Skewered Meatballs with Banana*** *(front right).* ***Sweet Beef Braise*** *(middle right)* owes its exceptional flavor to sweet soy sauce and a mixed bag of spices. The provocative sauce for ***Coconut Chicken*** *(front left)* starts with fresh coconut milk plus garlic, coriander, turmeric, lemongrass, red pepper, and tamarind.

A trayful of accompaniments *(middle left)* rounds out the menu. Shape and chill ***Fish and Crabmeat Fritters***, then fry them during the party. ***Pickled Cucumber Slices*** counter the spicy-hot foods. Fry ***Crisp Shrimp Wafers*** and store till needed.

Follow Rijsttafel tradition and shape ***Festive Rice*** *(back left)* into a cone. Temper palates with ***Mixed Vegetable Salad*** *(center back).* Peanut Sauce accentuates the layers of vegetables and tofu. Two fiery side dishes—***Sambal Condiment*** and ***Coconut Condiment*** *(far right)*—complement all of the foods.

Recipes begin on page 136.
Buying information, page 175.

TROPICAL FLAVORS



Some of the ingredients used in the tropical dishes on the preceding pages may be uncommon to you. To locate these exotic items you'll probably need to browse a gourmet food shop, Oriental shop, or Latin American grocery store. But first, familiarize yourself with the specialties listed here.

1. Ti leaf—Use the shiny oblong leaf from the ti (pronounced "tee") plant to enclose or decorate food. (The leaf is too tough for eating.) You can purchase Pacific Island-grown ti leaves through most florists. Wrap leaves in plastic wrap and chill to keep them fresh for several weeks.

2. Carambola—Also called star fruit, this wonderful treat has a mild flavor and may be sweet or sour depending on the variety. The juicy flesh, protected by a waxy, edible skin, is best eaten raw.

3. Laos—This Southeast Asian seasoning, available ground and sliced, is related to the ginger family. You should use small amounts of laos (pronounced "LAH-ohs") to flavor meat, poultry, and vegetable dishes.

4. Annatto seeds—Mexicans call these seeds achiote. Used for subtle flavoring, annatto seeds also impart a reddish color to foods. To use annatto, crush the seeds to a fine powder with a mortar and pestle.

5. Salam leaf—This Far Eastern variety of the bay leaf is available fresh and dried. Use it to flavor saucy dishes; discard the leaf before serving.

6. Litchi—A fresh litchi (also spelled lychee) resembles a strawberry; when the hard covering is removed, a white, sweet-tasting fruit is revealed. Most litchis available in America are canned. When dried, litchis are used like nuts.

7. Mango—The best way to enjoy the brilliant, juicy mango fruit is raw. This avocado-size fruit tastes somewhat like an apricot. A ripe mango ranges from green to yellow and red depending on the variety. Purchase firm fruit and allow it to ripen at room temperature till soft to the touch, then chill. To serve, carefully cut the fruit away from the pit as you would a cling peach.

8. Papaya—This pear-shaped fruit is thin skinned and buttery tasting. Edible black seeds with a peppery flavor fill the center cavity. The skin of the papaya is similar to that of a green mango, and the two fruits often are mistaken for each other. Small spots on the papaya skin are signs of ripeness. Select yellowish fruit that yields slightly when pressed. Store ripe papayas in the refrigerator. Ripen green papayas at room temperature.

9. Plantain—Also called the cooking banana, the green plantain is longer and thicker than a banana and unsuitable for eating raw. Plantains, a starchy fruit, are best baked, broiled, or fried.

10. Shrimp wafers—These seafood-seasoned dried chips swell into crisp and puffy wafers when deep fried. After opening a wafer package, securely wrap any remaining uncooked wafers to ensure puffing.

11. Tamarind—The tart-tasting pod from the tamarind tree is used to create distinctive beverages, candies, chutneys, and curries in Indonesian cooking. In addition to the pods, you'll find tamarind dried and in paste form. Soften tamarind in a small amount of water before using.

12. Lemongrass—Also called sereh, this Southeast Asian lemon-flavored grass is available fresh, as dried blades, or as a powder. Use it in meat, fish, poultry, and vegetable dishes. Remove the fresh or dried pieces from the dish before serving.

continued

Photograph: Hedrich-Blessing



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DIRECTIONS: Whisk ingredients together until smooth. Brush on meats, turning frequently, during last 20 minutes of cooking. Makes 1½ cups.

Tex-Mex

- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup Worcestershire sauce
- 3 Tbsp chili powder
- 1 clove garlic, minced
- 1/8 tsp hot pepper sauce

Home-Style

- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup Worcestershire sauce
- 1/4 cup prepared mustard
- 1/4 cup firmly packed brown sugar or Karo® dark corn syrup
- 1/8 tsp hot pepper sauce

Sweet 'n Sour

- 3/4 cup apricot preserves
- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup soy sauce
- 1 tsp ground ginger

(pictured)

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brushing occasionally with Coconut Milk. While grilling, place Peanut Sauce in a small saucepan atop grill to heat through. Garnish kabobs with a Red Pepper Flower. Pass warm sauce to serve with kabobs and rice. Makes 6 servings.

Red Pepper Flower: Using a small paring knife, cut one whole *red chili pepper* into thin strips, keeping stem end intact. Immerse in ice water to curl ends; drain.

SWEET SOY SAUCE

You can substitute purchased sweet soy sauce from Oriental food shops for this homemade version—

1½ cups sugar
¾ cup soy sauce
¾ cup water
1 star anise, finely crushed

In a heavy 10-inch skillet heat the sugar over medium heat till it begins to melt, without stirring. Once the sugar begins to melt, cook and stir for 2 to 3 minutes or till golden. Remove skillet from heat; slowly and *carefully* stir in the soy sauce, water, and anise. (Adding liquid to hot sugar may cause spattering.) Return the skillet to heat. Bring to boiling; reduce heat. Simmer about 15 minutes or till the mixture is slightly thickened and the caramelized sugar is dissolved, stirring constantly. Cool.

Skim off foam and any anise pieces that float to the top. Using a small sieve, strain to remove additional crushed anise. To store, place in a tightly covered container; chill. Makes about 1⅔ cups.

begins on page 112

Tropical recipes

LAMB SATAY

Traditionally, vegetables are not a component of Indonesian satay (sah-TAY), but for a colorful accent you may want to add green pepper squares to each kabob before cooking—

½ of a small onion, finely chopped
2 cloves garlic, chopped
2 tablespoons Sweet Soy Sauce (see above right)
1 tablespoon cooking oil
1 teaspoon sugar
1 teaspoon ground cumin
1 teaspoon tamarind
¼ teaspoon salt
1½ pounds boneless lean lamb, cut into 1-inch pieces
Coconut Milk (see recipe opposite) *or* milk
1 recipe Peanut Sauce (see recipe opposite)
Red Pepper Flower (optional)
Hot cooked rice (optional)

Using a mortar and pestle, crush together the onion, garlic, Sweet Soy Sauce, oil, sugar, cumin, tamarind, and salt. (Or, combine ingredients in a blender container. Cover and blend till smooth.) Place meat cubes in a large bowl; add the soy mixture and stir to coat. Cover and marinate for 2 hours at room temperature or for 4 to 6 hours in the refrigerator. Thread lamb on 6 long skewers or 12 short skewers. Grill kabobs over *hot* coals for 12 to 15 minutes, turning once and



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PEANUT SAUCE

For a spicier version of this versatile sauce, stir in ¼ teaspoon ground red pepper or 1 teaspoon grated gingerroot—

½ cup finely chopped onion
1 clove garlic, minced
1 tablespoon butter *or* margarine
1 4-ounce can green chili peppers, rinsed, seeded, and chopped
2 tablespoons lemon juice
1 teaspoon brown sugar
½ teaspoon anchovy paste (optional)
1½ cups Coconut Milk (see recipe left) *or* water
1 cup peanut butter

In a saucepan cook the onion and garlic in butter or margarine till tender. Stir in the chili peppers, lemon juice, sugar, and anchovy paste; mix well. Stir together the Coconut Milk and peanut butter; add to the onion mixture, cooking and stirring till sauce is smooth and heated through (do not boil). Cover surface with plastic wrap to prevent skin from forming. Cool. Makes 3 cups.

MARINATED FISH STEAKS

4 fresh *or* frozen salmon steaks (about 1 inch thick)
⅓ cup orange juice
⅓ cup soy sauce
2 tablespoons snipped parsley

continued

COCONUT MILK

When this Coconut Milk is chilled, a thin layer may form on the top. In this case, warm the milk over low heat till the fat in this layer dissolves. Canned coconut milk is a handy alternate to this tropical staple. If you purchase canned coconut milk, be sure to select the type that has no sugar added—

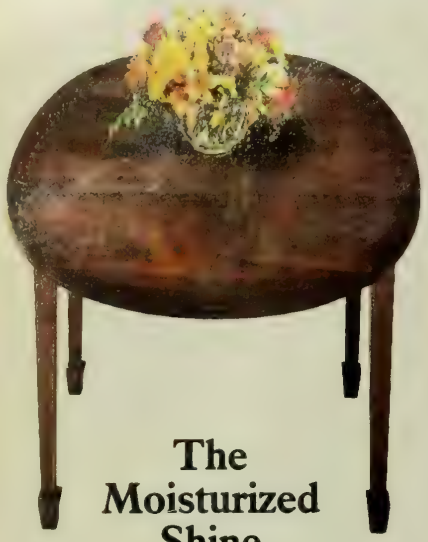
1 fresh coconut
Water

Pierce coconut eyes with an ice pick; drain and reserve liquid. Crack shell with a hammer and remove. Peel off brown skin from coconut meat. Rinse and coarsely chop the coconut meat. Add water to the coconut liquid to measure *2 cups.* Heat liquid almost to boiling. Place about *half* of the coconut pieces in blender container. (Do not use a food processor; mixture may overflow bowl.) Add *1 cup* of the warm coconut liquid. Cover tightly. Blend 45 to 60 seconds or till finely ground. Transfer mixture to cheesecloth-lined sieve. Repeat with remaining chopped coconut and liquid. Press mixture through sieve; squeeze as much liquid out of coconut as possible. Store coconut milk in tightly covered jar in refrigerator. Use pressed coconut meat for Coconut Condiment (see recipe, page 140). Makes about 2 cups milk.

Easy Coconut Milk: Stir together 1½ cups *packaged grated unsweetened coconut* and 2 cups *boiling water.* Let stand 5 minutes. Place mixture in a blender container. Cover; blend 1 minute. Transfer mixture to cheesecloth-lined sieve. Press mixture, squeezing out as much liquid as possible. Store as directed above. Makes about 1½ cups milk.



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OLD ENGLISH® AEROSOL CLEANS, SHINES AND MOISTURIZES.

continued

Tropical recipes

2 tablespoons cooking oil
1 clove garlic, crushed
½ teaspoon dried basil, crushed

Thaw fish, if frozen. Place fish in a shallow dish. Combine orange juice, soy sauce, parsley, oil, garlic, and basil; pour over fish. Let stand at room temperature for 2 hours or chill for 4 to 6 hours, turning the steaks occasionally. Drain, reserving marinade. Place fish in a well-greased wire grill basket or cook directly on grill. Grill over *medium-hot* coals about 8 minutes or till fish is light brown. Baste with marinade and turn. Grill 8 to 10 minutes more or till fish flakes easily when tested with a fork. Meanwhile, heat remaining marinade to boiling. Transfer fish to serving platter; drizzle marinade over steaks. Makes 4 servings.

GRILLED LAULAU

Instead of the ti, cabbage, or romaine leaves, you can spoon the filling onto eight 12x6-inch foil rectangles. Close bundles and cook as directed—

8 ounces bacon, cut up
1 whole large chicken breast, skinned and cut into thin strips
1 cup sliced green onion
10 ounces torn spinach *or* chopped bok choy (about 6 cups)
8 ounces fresh *or* frozen fish fillets, thawed and cubed
½ cup water
¼ cup Coconut Milk (see recipe, page 123)
16 ti leaves, *or* 8 large cabbage, *or* romaine leaves

In a 10- or 12-inch skillet cook the bacon till crisp. Remove bacon to paper toweling; drain. Reserve *2 tablespoons* drippings in skillet. Cook the chicken strips and onion in drippings for 4 to 5 minutes or till chicken is tender. Add the spinach or bok choy; stir 1 to 2 minutes or till slightly wilted. Remove to bowl. Add the fish and water to skillet. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or till fish flakes easily when tested with a fork. Drain fish; add to the chicken mixture with the bacon. If necessary, stir Coconut Milk into mixture to moisten.

continued

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continued

Tropical recipes

Remove the stiff center rib from the underside of each ti leaf by running a sharp knife along the rib, continuing through the stem to remove an 8- to 10-inch strip. Soften the removed strip by pressing with a rolling pin. Remove and discard any remaining stems from leaves.

For each serving, place *½ cup* of the filling near one end of a ti leaf. Tuck the tip of the ti leaf under the filling; roll up the leaf around filling. Roll a second ti leaf around the bundle to enclose filling. Secure bundle with a reserved midrib or string. (Or, immerse



the cabbage or romaine leaves in boiling water for 2 to 3 minutes or till the leaves are limp; drain. Remove and discard the center rib from each leaf. Wrap one cabbage or romaine leaf around *½ cup* of the filling; secure with string.)

Arrange bundles on a steamer rack set in a shallow baking pan. Add boiling water to the pan to a depth of 1 inch. Place the baking pan on grill over *hot* coals. Cover the grill. Cook for 15 to 20 minutes, adding more water to pan if necessary. (Or, place bundles on rack over hot water in a Dutch oven. Cover and simmer over medium-low heat for 15 to 20 minutes.) To serve, transfer the bundles to a serving platter; slit bundles open with a knife. Makes 8 side-dish servings.

ROAST PORK CALYPSO

Have your butcher loosen the backbone of the roast—

3 cups hickory chips
1 5-pound pork loin center loin roast
½ cup packed brown sugar
2 tablespoons rum
2 cloves garlic, minced
1 teaspoon finely shredded lime peel
1 teaspoon ground ginger
¼ teaspoon ground clove
1 bay leaf, crumbled
¼ teaspoon salt
Dash pepper

• • •

4 *or* 5 large ripe plantains
¼ cup butter *or* margarine, melted
Lime slices, halved
Lemon balm (optional)
Bok choy blossom (optional)

About an hour before cooking, soak hickory chips in enough water to cover; drain chips. Using a sharp knife, make about eight 1-inch-deep slashes between each rib on the fat side of the roast. Blend together the sugar, rum, garlic, lime peel, ginger, clove, bay leaf, salt, and pepper. Spoon about *½ teaspoon* of the spice mixture into each slash in the meat. Insert meat thermometer in center of roast. Arrange *medium-slow* coals around drip pan. Add hickory chips to coals. Place roast on grill over drip pan. Grill roast, covered, about 2 hours or till meat thermometer registers 160°.

Meanwhile, cut off ends of plantains. Peel and cut in half crosswise, then lengthwise. Brush plantains with melted butter or margarine. Wrap plantains in foil. Place on grill over coals when meat thermometer registers 160°. Spread the remaining spice mixture over top of roast. Grill meat and plantains 10 to 15 minutes more or till thermometer registers 170°. To serve, insert lime slices into slashes in roast. Garnish with lemon balm and a bok choy blossom. Makes 10 servings.

RED SNAPPER WITH AVOCADO SAUCE

1 3- to 4-pound fresh *or* frozen dressed red snapper *or* other fish (with tail)
4 cups water
½ of a lime, sliced
1 large onion, sliced and separated into rings
2 large cloves garlic, crushed
¼ cup snipped parsley
6 peppercorns, crushed
1 teaspoon dried thyme, crushed
1 teaspoon dried oregano, crushed
Cilantro (optional)
Lemon and lime slices, quartered (optional)
Pitted ripe olives (optional)
Cherry tomatoes (optional)
1 recipe Avocado Sauce (see recipe below)
1 avocado, halved

Thaw fish, if frozen. In a fish poacher combine the water, lime, onion, garlic, parsley, peppercorns, thyme, and oregano. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Lightly sprinkle fish cavity with salt. Place fish on a large piece of cheesecloth; fold cloth over fish. Place on rack in poaching pan. Immerse in boiling poaching liquid. (If necessary, add another ½ to 1 cup boiling water to nearly cover fish.) Cover and poach fish for 25 to 30 minutes or till fish flakes easily when tested with a fork. Remove from pan. Cool. Wrap fish in foil. Chill fish thoroughly. Meanwhile, prepare Avocado Sauce.

At serving time, unwrap and arrange fish on cilantro-lined platter. Garnish with lemon and lime slices, olives, and tomatoes. Spoon some Avocado Sauce atop fish. Spoon remaining sauce into one avocado half and place on platter to serve with fish. To serve, cut fish crosswise into serving-size portions and remove bones. Serves 6 to 8.

Note: If desired, substitute 2 pounds *fresh* or *frozen red snapper fillets* for the whole fish. In a 12-inch skillet combine enough water to cover fillets plus the lime, onion, garlic, parsley, peppercorns, thyme, and oregano. Poach fillets for 5 to 10 minutes or till fish flakes easily when tested with a fork. Serve as directed.

AVOCADO SAUCE

Chill any leftover sauce, covered, to serve as a dip with tortilla chips—

2 ripe avocados, seeded, peeled, and cut into chunks
½ cup chicken broth
¼ cup lime juice
1 tablespoon grated onion
⅛ teaspoon salt
⅛ teaspoon pepper
½ cup milk

continued

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tender. Remove chicken and cool. Add scallops to hot liquid. Simmer 1 to 3 minutes or till opaque. Remove and cool. Cut chicken into strips. Toss together *¼ cup* of the chilled dressing with the chicken; *¼ cup* dressing with the scallops; and *¼ cup* dressing with the carrots. Cover and chill foods separately. Cover and chill any remaining dressing. Stir together the cream cheese and ground ginger. Using a pastry bag fitted with a star tip, pipe cream cheese mixture into litchis. Cover and chill.

At serving time, line a platter with Chinese cabbage leaves. In a blender container combine the remaining dressing and the reserved crushed pineapple from the Tropical Dressing. Cover; blend till smooth. Arrange the chicken, scallops, and carrots on the platter; spoon the pineapple dressing over each. Place the stuffed litchis, green onion, guava, and mango on the platter. Sprinkle nuts over all. Serves 4.

Tropical Dressing: Drain and reserve juice from one 8-ounce can *crushed pinepple* (juice pack). Cover pineapple and chill. Measure juice; add water to equal *½ cup* liquid. In a saucepan combine the pineapple juice mixture, ¼ cup *white wine vinegar,* 3 tablespoons *salad oil,* ½ teaspoon finely shredded *lime peel,* 1 tablespoon *lime juice,* ¼ teaspoon ground *nutmeg,* and ¼ teaspoon *paprika.* Blend in 2 teaspoons *cornstarch.* Cook and stir over medium heat till mixture is thickened and bubbly. Cook and stir 2 minutes more. Stir in ¼ cup *dry white wine.* Remove from heat. Cover and chill. Makes 1 cup.

continued

continued

Tropical recipes

In a blender container or food processor bowl combine the avocado, chicken broth, lime juice, onion, salt, and pepper. Cover; blend just till smooth. Turn into a bowl. Stir in milk. Cover and refrigerate till needed. Makes 2 cups.

TROPICAL SCALLOP SALAD

Pineapple chunks and orange slices can easily replace the guava and mango slices—

- **1 recipe Tropical Dressing**
- **3 cups water**
- **¼ cup lime juice**
- **1 whole large chicken breast, skinned**
- **8 ounces fresh *or* frozen bay scallops**
- **1 cup carrot cut into julienne strips**
- **½ of a 3-ounce package cream cheese, softened**
- **¼ teaspoon ground ginger**
- **5 litchis**
- **Chinese cabbage leaves**
- **2 green onions, cut lengthwise into strips**
- **1 guava, sliced**
- **1 mango, sliced**
- **¼ cup macadamia nuts (optional)**

Prepare Tropical Dressing and chill. In a 3-quart saucepan bring the water and lime juice to boiling. Add the chicken breast. Simmer, uncovered, 25 to 30 minutes or till chicken is



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oil till tender. Add the tomato, pickle, and red pepper. Simmer, uncovered, about 5 minutes or till thickened. Stir in the shrimp, bread crumbs, and the 1 cup shredded cheese; heat 1 minute. Drain the cheese and pat dry with paper toweling. Place the 4-pound cheese shell in a 3-inch-deep casserole; or, place each 2-pound cheese shell in a 1-quart casserole. (Casserole(s) should be just large enough to hold cheese.) Spoon warm filling into center of cheese(s). Bake, uncovered, in 350° oven about 10 minutes or till sides of cheese just begin to melt. Remove cheese from oven. Garnish with reserved shrimp with tails. Serve at once, cut into serving-size wedges. Serve with Cassava Biscuits. Makes 8 to 10 servings.

ANNATTO OIL

Use this oil to add a golden-red color to food—

½ cup cooking oil
2 tablespoons annatto seeds

In a small saucepan heat the oil over medium heat 3 minutes. Stir in seeds. Heat 1 minute more. Cool. Strain oil into a jar; cover. Store in refrigerator. Makes ½ cup.

CASSAVA BISCUITS

The grain used for these crunchy biscuits also may be called tapioca flour—

1 cup all-purpose flour
1 cup cassava meal, cassava flour, *or* farina
1 tablespoon baking powder

continued

continued

Tropical recipes

STUFFED EDAM CHEESE

Bake the stuffed cheese only 10 minutes; longer baking will make serving difficult because the cheese will be stringy—

1 4-pound round *or* two 2-pound rounds Edam cheese
1½ pounds fresh *or* frozen shrimp in shells
6 cups water
1 large onion, finely chopped
2 tablespoons Annatto Oil (see recipe above right) *or* cooking oil
2 medium tomatoes, peeled, seeded, and chopped
2 whole sweet pickles, finely chopped (3 tablespoons)
¼ teaspoon ground red pepper
½ cup soft bread crumbs
1 recipe Cassava Biscuits (see recipe above right)

Using a vegetable peeler, remove all the red skin from the cheese. Cut a thin slice from the top. Using a grapefruit knife and spoon, hollow out the cheese, leaving a ½-inch-thick shell. Soak the cheese shell in lukewarm water for 1 hour. Finely shred enough of the scooped-out cheese to make *1 cup.* (Reserve remaining scooped-out cheese for another use.)

Peel and devein shrimp; remove tails except for three shrimp to use as garnish. Meanwhile, heat the 6 cups water to boiling. Add shrimp; simmer 1 to 3 minutes or till shrimp turn pink. Drain. Chop shrimp. In a skillet cook the onion in



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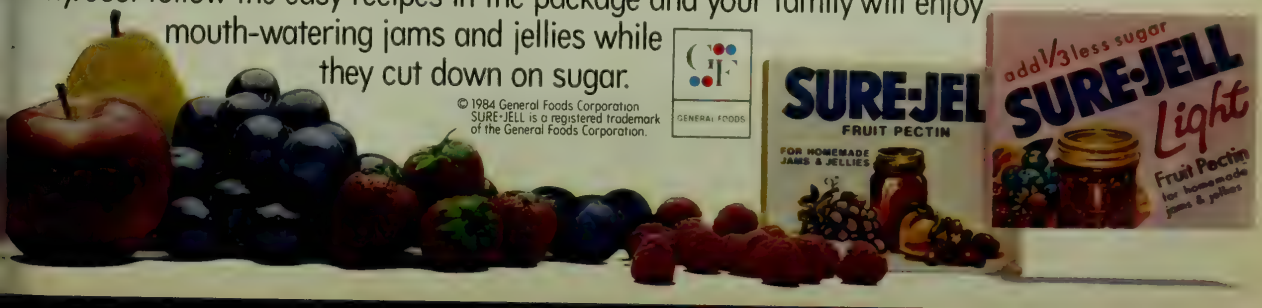
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GF GENERAL FOODS



Tropical recipes

2 teaspoons sugar
½ teaspoon cream of tartar
½ teaspoon salt
½ cup lard
⅔ cup evaporated milk

In a mixing bowl stir together the flour, cassava meal, baking powder, sugar, cream of tartar, and salt. Cut in lard till mixture resembles coarse crumbs. Make a well in the center. Add the milk all at once. Stir just till dough clings together. Knead gently on well-floured surface for 10 to 12 strokes. Roll or pat to ½-inch thickness. Cut dough with a 2½-inch biscuit cutter, dipping cutter into flour between cuts. Transfer dough to an ungreased baking sheet. Bake in a 350° oven about 15 minutes or till golden. Serve warm. Makes about 12.

LUMPIA

For a crisper taste, place a romaine leaf atop each egg roll skin before filling—

2 tablespoons cooking oil
1 medium onion, chopped
2 cloves garlic, minced
1 pound lean boneless pork, cut into ¼-inch cubes
8 ounces fresh green beans *or* one 9-ounce package frozen cut green beans, thawed and finely chopped
½ cup finely chopped celery
1 16-ounce can hearts of palm *or* two 8-ounce cans water chestnuts, finely chopped
1 cup finely shredded cabbage
1 cup fresh bean sprouts
3 tablespoons soy sauce
Cooking oil
12 egg roll skins
1 recipe Sweet Soy Sauce (see recipe, page 122) *or* plum sauce

Preheat a wok or large skillet over high heat; add oil. Stir-fry onion and



Chocolate Velvet Pudding Pie

1 package (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding and Pie Filling
1 cup cold milk
2 squares BAKER'S® Semi-Sweet Chocolate, melted (optional)
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
1 KEEBLER® Graham Cracker READY-CRU'ST® Brand Pie Crust

1. Prepare pudding with 1 cup milk as directed on package, with electric mixer. Gradually blend in chocolate at low speed until smo
2. Then fold in whipped topping.
3. Spoon into pie crust. Freeze until firm, about 4 hours. Garnish as desired.

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garlic in hot oil 2 minutes. Add meat; stir-fry 4 minutes more. Remove. Add beans and celery to wok; stir-fry 3 minutes. Add the hearts of palm, cabbage, and bean sprouts; stir-fry 2 minutes more. Remove from wok. Combine the meat and vegetables; stir in soy sauce.

Brush a little oil in a large skillet. Cook one egg roll skin, on one side only, 1 minute or till light brown. Turn out onto paper toweling. Repeat with remaining skins. (Add more oil to skillet, as needed.) To assemble, place an egg roll skin, unbrowned side up. Using a slotted spoon, spoon about *⅓ cup* filling onto skin. Roll-up egg roll skin around filling. Serve with sauce. Serves 6.

TROPICAL FRUIT MEDLEY

See the note one page 134 to serve this fresh dessert in an Ice Bowl as featured on the cover—

2 cactus pears, peeled, *or*
1½ cups fresh strawberries
6 cups assorted fresh fruit (sliced kiwi, sliced carambola, whole or sliced strawberries, orange sections, banana chunks,* quartered figs, cubed mango, sliced guava, *and/or* sliced papaya)
½ cup whipping cream
1 tablespoon sugar

Using a sharp knife, trim ends of cactus pears. Trim off skin in lengthwise strips. Cut up cactus pears or the 1½ cups strawberries. Press cactus pears through a sieve; discard seeds. (Or, place berries in blender container or food processor bowl. Cover and blend till smooth.) Cover and chill fruit puree at least 2 hours. At serving time, place the 6 cups fruit in a large glass bowl or in an Ice Bowl. Beat the whipping cream and sugar till soft peaks form. Spoon the pureed fruit over cut fruit; pipe the whipped cream atop. (Or, gently spoon the fruit puree into the whipped cream; spoon over cut fruit.) Serve immediately. Makes 10 servings.

* Brush with lemon juice after slicing.

continued

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Easy Lemon Pie

1 package (3 oz.) JELL-O® Brand Gelatin, Lemon Flavor
½ cup boiling water
2 tablespoons lemon juice
2 teaspoons grated lemon rind (optional)
2 cups ice cubes
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
1 KEEBLER® Graham Cracker READY-CRUST® Brand Pie Crust

1. Dissolve gelatin completely in boiling water, stirring 3 minutes. Add lemon juice, lemon rind, and ice cubes and stir constantly until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.
2. Using wire whisk blend in whipped topping; then whip until smooth. Chill, if necessary, until mixture will mound.
3. Spoon into pie crust. Chill 2 hours or freeze until firm. Garnish as desired.

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Continued

Tropical recipes

Note: For Ice Bowl: Select one 3½- or 4-quart bowl or casserole and one 1½-quart bowl or mold. Add 1½ inches of water to the large bowl. Freeze overnight or till firm. Center the small bowl on the ice inside the larger bowl. (If surface freezes unevenly, break up surface with an ice pick to center small bowl on ice.) Fill small bowl with rocks or dry beans to weigh down. Pour water into large bowl around small bowl. Freeze just till surface starts to harden. Stir and break up top layer of ice every 15 to 20 minutes for 1 to 1½ hours or till top layer is slushy. Arrange nontoxic flowers or leaves (pineapple ginger, freesia, tea roses, baby carnations, lilies) or fresh fruit slices in slush, pressing decorations against the outer side of large bowl. Alternate small flowers and leaves, allowing tips of leaves to stick up above surface of slush. Freeze several hours or till firm. To unmold, remove rocks or dry beans. Pour warm water into small bowl; remove bowl. Press a warm, damp cloth around outside of large bowl; remove Ice Bowl. Freeze till needed.

CHEESE-STUFFED PAPAPYAS

2 large papayas, halved and seeded
½ cup ricotta cheese
2 3-ounce packages cream cheese, softened
⅓ cup raisins
3 tablespoons sugar
2 tablespoons butter *or* margarine, melted
2 tablespoons sugar
½ teaspoon ground cinnamon
Lime slices (optional)

Trim the bottom of each papaya so that it sits level. Beat together the cheeses, raisins, and 3 tablespoons sugar. Spoon mixture into each papaya half. Place papayas in a shallow baking pan. Stir together butter or margarine, 2 tablespoons sugar, and cinnamon; spoon over filling. Place pan in oven. Pour ¾ inch of boiling water into the pan around papaya. Bake in 400° oven 20 minutes or till heated through. Garnish with lime. To serve, halve each papaya half. Serve warm. Serves 8.

PINEAPPLEADE

Reserve the cooked pineapple to serve over ice cream or cake—

1 medium fresh pineapple
2 cups water
¾ cup sugar
¼ cup lightly packed fresh mint leaves *or* 4 teaspoons dried mint, crushed
2 tablespoons lime juice
Pineapple chunks (optional)

Remove crown from pineapple. Cut off the peel. Halve pineapple; cut out core. Finely chop pineapple (should have about 3 cups). Place chopped pineapple in a 2-quart saucepan. Add water and sugar. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Stir in mint. Let stand, covered, about 1½ hours or till cool. Strain; discard mint. Reserve pineapple for another use. Stir lime juice into pineapple liquid. Pour into jars. Cover and chill. To serve, pour liquid into a pitcher with ice cubes; garnish with a skewer of pineapple chunks. Makes about 3½ cups.

TAMARIND SLUSH

Look in Oriental markets to find jars of pure tamarind paste and other products that have the tamarind diluted with water. Carefully read the product label to see if you're purchasing pure paste or a thinned version, then use the ingredient level suggested here—

1½ cups boiling water
¼ cup tamarind, 2 tablespoons tamarind paste, *or* ½ cup tamarind-water concentrate
½ cup sugar
Carbonated water
Lemon balm (optional)

In a small bowl pour the boiling water over the tamarind. Using the back of a wooden spoon, press the tamarind against the side of the bowl. Let stand, covered, at room temperature 30 minutes. Stir in sugar till dissolved. Pour mixture into a 9x5x3-inch loaf pan. Freeze. For each serving, scrape *¼ cup* of the tamarind mixture and put into a glass. Pour *¼ cup* carbonated water into glass. Stir to form a slush. Garnish with lemon balm. Makes 1⅔ cups tamarind mixture (about 7 servings).

MANGO FRAPPÉ

1½ cups chopped mango *or* banana
½ cup milk
2 tablespoons sugar
1 tablespoon lime juice
¼ teaspoon vanilla
4 to 6 ice cubes

Freeze chopped fruit about 30 minutes. In a blender container combine the fruit, milk, sugar, lime juice, and vanilla. Cover; blend till smooth. With blender running, add ice cubes through lid. Blend till thick and slushy. Pour into chilled glasses. Makes 2 servings.

RUM-GINGER MOUSSE

Orange-flavored liqueur can be used in place of the blue curaçao liqueur—

1 envelope unflavored gelatin
½ cup sugar
1¼ cups milk
3 slightly beaten egg yolks
3 egg whites
1 cup whipping cream
3 tablespoons blue curaçao liqueur
3 tablespoons rum
3 tablespoons finely chopped crystallized ginger
Crystallized ginger (optional)

In a small saucepan stir together gelatin and sugar. Combine milk and egg yolks. Stir into saucepan; cook and stir till gelatin and sugar dissolve. Remove from heat. Cover surface with clear plastic wrap. Chill about 2 hours or till mixture is the consistency of corn syrup, stirring several times. Beat egg whites till stiff peaks form (tips stand straight). Beat whipping cream till soft peaks form. Fold egg whites and whipped cream into gelatin mixture. Divide mixture in half. To one half stir in curaçao. Spoon mixture into a glass bowl or 6 goblets; chill till nearly set (15 to 20 minutes). Stir the rum and chopped ginger into the remaining gelatin mixture. Leave at room temperature till curaçao mixture is set. Spoon atop curaçao mixture. Cover and chill till firm. Garnish with ginger. Serves 6.

HAUPIA

The cornstarch sufficiently thickens this pudding for small molds only; the pudding will not hold its shape in a large mold—

2 cups Coconut Milk (see recipe, page 123)
¼ cup sugar
2 tablespoons cornstarch
Sliced guava, peaches, *or* strawberries
Shredded coconut, toasted

continued

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continued

Tropical recipes

In the top of a double boiler combine the Coconut Milk, sugar, and cornstarch. Place over, but not touching, boiling water. Cook and stir about 15 minutes or till thickened. Pour into six ½-cup oiled molds. Cover and chill till firm. To serve, unmold pudding; serve with fruit. Sprinkle coconut atop each mold. Makes 6 servings.

RAISIN ANISE PRALINES

This interesting candy may remind you more of penuche than of Southern-style pecan pralines—

1½ cups granulated sugar
1½ cups packed brown sugar
1 cup whipping cream
1½ cups light raisins
3 tablespoons anisette

Butter the sides of a heavy 3-quart saucepan. Stir together the sugars and cream in the saucepan. Bring to boiling over medium heat, stirring frequently. Cook to 234° (soft-ball stage), about 2 to 5 minutes, stirring only as necessary to prevent sticking. Remove from heat; do not stir. Let stand about 30 minutes or till mixture cools to 150°. Meanwhile, combine raisins and liqueur; set aside. When candy mixture reaches 150°, stir in the raisins and liqueur. Beat candy about 5 minutes or till thick and glossy. Drop candy from a tablespoon onto a baking sheet lined with waxed paper. If candy becomes too stiff, stir in a few drops of hot water. Makes about 30.

SKEWERED MEATBALLS WITH BANANA

Combined with rice, these kabobs could serve five or six as an entrée—

2 eggs
1½ cups soft bread crumbs
1 large onion, chopped
⅓ cup Coconut Milk (see recipe, page 123) *or* milk
¾ teaspoon salt
¾ teaspoon ground cumin
½ teaspoon ground nutmeg
¼ teaspoon ground cloves
¼ teaspoon pepper
2 pounds ground beef

Chutney

2 bananas, sliced into 2½-inch pieces and quartered

In a bowl combine the eggs, bread crumbs, onion, Coconut Milk, salt, cumin, nutmeg, cloves, and pepper. Add beef; mix well. Shape mixture into 20 mini-loaves, 2½ inches long and 1 inch wide. Cover and chill. At serving time, thread two 6-inch bamboo skewers through the widths of two mini-loaves so that skewers connect the mini-loaves. Repeat with remaining mini-loaves and additional skewers to make 10 skewers. Place on unheated rack of broiler pan. Broil 5 inches from heat for 10 minutes; brush with chutney (if necessary, chop chutney). Turn kabobs. Broil 8 minutes more. Add a banana slice to one end of each double skewer. Brush meat and banana with chutney. Broil 2 minutes more. Serve with additional chutney. Makes 10 appetizer-servings.

SWEET BEEF BRAISE

You'll find long Chinese beans in an Oriental food mart or in some large supermarkets. You can steam them whole or halved—

1½ pounds boneless beef chuck, cut into 1-inch cubes
2 tablespoons cooking oil
1½ cups water
3 tablespoons Sweet Soy Sauce (see recipe, page 122)
2 teaspoons grated gingerroot
1 teaspoon wine vinegar
¼ teaspoon ground nutmeg
¼ teaspoon ground clove
⅛ teaspoon pepper
2 salam *or* bay leaves
2 medium onions, cut into wedges
2 tablespoons cold water
1 tablespoon cornstarch
12 ounces Chinese beans *or* pea pods

In a Dutch oven brown the meat, *half* at a time, in hot oil. Drain off fat. Add the water, Sweet Soy Sauce, gingerroot, vinegar, nutmeg, clove, pepper, and salam or bay leaves. Bring to boiling; reduce heat. Cover and simmer 40 minutes. Add the onion wedges. Simmer, uncovered, about 20 minutes or till onion and meat are tender. Meanwhile, place beans in steamer basket. Place over boiling water. Cover and steam for 20 to 30 minutes or till crisp-tender. Remove salam or bay leaves from meat mixture. Combine cold water and cornstarch. Stir into meat mixture. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. To serve, spoon meat mixture onto a platter; surround with the beans. Serve immediately. Makes 6 to 8 servings.

Microwave directions: In a 3-quart casserole combine the meat, *½ cup* water, Sweet Soy Sauce, gingerroot, vinegar, nutmeg, clove, pepper, and salam or bay leaves. Micro-cook, covered, on 50% power (MEDIUM) for 30 minutes, stirring once. Add the onion wedges. Micro-cook for 10 minutes more or till meat and vegetables are tender. Remove leaves. Blend together the cold water and cornstarch; stir into meat mixture. Micro-cook on 100% power (HIGH) for 2 to 3 minutes or till thickened and bubbly, stirring every minute. Keep warm. Arrange beans or peas in a 1-quart casserole. Micro-cook, covered, on 100% power (HIGH) for 2 to 3 minutes or till tender. Serve as directed.

COCONUT CHICKEN

This Southeast Asian dish also is called Opor Ajam—

3 pounds chicken legs and wings *or* one 2½- to 3-pound broiler-fryer chicken, cut up
2 tablespoons cooking oil
¼ cup macadamia nuts
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon ground coriander
1 teaspoon ground laos *or* grated gingerroot
½ teaspoon ground cumin
¼ teaspoon ground turmeric
¼ teaspoon finely snipped dried lemongrass *or* 1 teaspoon finely shredded lemon peel
2 cups Coconut Milk (see recipe, page 123)
1 teaspoon sugar
½ teaspoon salt
¼ to ½ teaspoon ground red pepper
1 teaspoon tamarind paste *or* tamarind
1 tablespoon water
Hot cooked rice
Cilantro (optional)

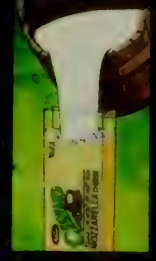
In a large skillet brown chicken pieces on both sides in hot oil for 15 minutes; remove from skillet. Set chicken aside, reserving 1 tablespoon drippings. Meanwhile, place nuts in blender container or food processor bowl. Cover and blend till finely

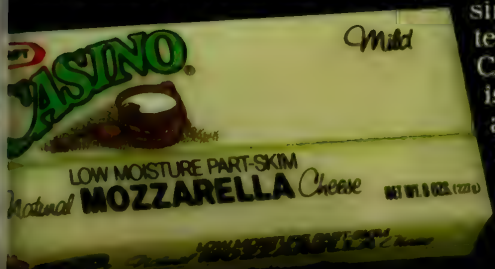
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continued

Tropical recipes

ground. In reserved drippings cook th onion, garlic, coriander, laos or ginger root, cumin, turmeric, and lemongras or lemon peel till onion is tender bu not brown. Stir in the ground nuts, Co conut Milk, sugar, salt, and red pepper Return the chicken to skillet. Cove and simmer for 20 minutes or till chick en is tender.

Transfer chicken to a serving platte and keep warm. Stir together the tama rind and water. Stir into the sauce Gently boil the sauce till thickened an reduced (should measure about 1½ cups). Strain sauce, if desired. Spoo sauce over chicken. Serve with ho cooked rice. Garnish with cilantro Makes 6 servings.

FISH AND CRABMEAT FRITTERS

Serve these unique patties as an entré or appetizer—

- **12 ounces fresh *or* frozen cod *or* flounder fillets**
- **1 6-ounce package frozen crab meat, thawed and drained**
- **2 beaten eggs**
- **⅓ cup rice flour *or* all-purpose flour**
- **1 green onion, finely chopped**
- **½ teaspoon finely shredded lemo peel**
- **1 teaspoon lemon juice**
- **1 *or* 2 cloves garlic, crushed**
- **¼ teaspoon salt**
- **⅛ teaspoon pepper**
- **Cooking oil**

Thaw fish, if frozen. Flake raw fish In a blender container or food processo bowl combine the fish, crab, eggs, flou chopped onion, lemon peel, lemon juic crushed garlic, salt, and pepper. Cove and blend till smooth. Spoon about ¾ *cup* batter onto a hot, lightly greased skillet. Spread to a 3-inch patty. Cook minutes per side or till golden. Repea with remaining batter. Keep fritter warm in 325° oven while frying re mainder. Arrange on serving platte Makes 10.

PICKLED CUCUMBER SLICES

Small servings are sufficient of th spicy, yet refreshing dish—

continued

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Tropical recipes

2 medium cucumbers
¼ cup rice vinegar *or* white vinegar
3 tablespoons lime juice
1 tablespoon sugar
¼ teaspoon salt
1 red chili pepper, seeded and sliced *or* ¼ teaspoon crushed red pepper

• • •

¼ cup finely chopped red onion (optional)
Lettuce leaves

Score cucumbers; cut crosswise into ⅛-inch-thick slices. In a small saucepan combine the vinegar, lime juice, sugar, salt, and chili pepper. Bring to boiling; simmer 2 minutes. Remove from heat. Pour over cucumbers and toss to coat. Cover and chill. Before serving, stir in onion. Using a slotted spoon, transfer cucumber mixture to a lettuce-lined plate.

CRISP SHRIMP WAFERS

You may find packages of this unique snack labeled krupuk. Purchase your choice of multicolored wafers or plain white ones. When cooked, the wafers should rise to the surface and puff within 5 seconds; older wafers may require more cooking time—

8 ounces dry shrimp wafers
Cooking oil for deep frying

Fry shrimp wafers, a few at a time, in deep hot cooking oil (375°) about 5 seconds or just till they puff and rise to top. Remove with a slotted spoon; drain on paper toweling. Serve immediately or store in an airtight container for up to two days.

FESTIVE RICE

Indonesians call this cone-shaped dish Nasi Kuning—

1½ cups long grain rice
¼ teaspoon finely snipped dried lemongrass *or* 1 teaspoon finely shredded lemon peel
1½ teaspoons ground turmeric
1 tablespoon cooking oil
3 cups Coconut Milk (see recipe, page 123)
2 salam leaves *or* bay leaves
¾ teaspoon salt
3 beaten eggs
1 tablespoon cooking oil
Fresh salam leaves (optional)
1 sweet red *or* green pepper, seeded and cut into strips

In a 3-quart saucepan cook and stir the uncooked rice, lemongrass or peel, and turmeric in the first 1 tablespoon oil for 2 minutes. Add the Coconut Milk, the two salam or bay leaves, and salt. Bring to boiling; reduce heat. Cover and simmer over low heat about 15 minutes or till liquid is absorbed and rice is tender.

Meanwhile, in a 10-inch skillet cook the eggs in the remaining 1 tablespoon oil, without stirring, till set. Invert skillet over a baking sheet to remove cooked eggs; cut into short, narrow strips. Remove and discard salam or bay leaves from rice. Press hot rice into an oiled 5-cup cone-shaped mold. Place a serving plate upside down over the mold; invert to remove rice. Garnish top of rice with salam leaves. Arrange egg strips, red pepper strips, and salam leaves around base of rice cone. Serve immediately. Makes 10 servings.

MIXED VEGETABLE SALAD

Throughout Indonesia there are many variations of vegetables used in this salad, known as Gado-Gado—

1 recipe Peanut Sauce (see recipe, page 123)
8 ounces fresh soybean curd (tofu)
1 tablespoon cooking oil
1 large onion, thinly sliced and separated into rings
8 ounces sliced Chinese pea pods *or* green beans
3 carrots, cut into julienne strips
2 cups cauliflower flowerets
Lettuce leaves
2 cups fresh bean sprouts, snipped
3 hard-cooked eggs, chilled and sliced

Prepare Peanut Sauce; set aside. Place tofu in double thickness of cheesecloth or paper toweling. Press gently to extract as much moisture as possible. Cut tofu into cubes; set aside.

Preheat a wok or medium skillet over medium-high heat; add cooking oil. Stir-fry the onion over medium-high heat for 4 to 5 minutes or till golden brown. Drain onion on paper toweling. In a covered saucepan cook the pea pods or beans, carrots, and the cauliflower in small amount of boiling salted water about 5 minutes or till just crisp-tender; drain well.

Line a large serving platter with lettuce leaves. Arrange the tofu, carrots, cauliflower, pea pods, hard-cooked egg slices, and bean sprouts in layers atop lettuce leaves. Top vegetables with the cooked onion. Serve at room temperature or cover and chill. Pass Peanut Sauce to drizzle atop each serving. Makes 10 servings.

SAMBAL CONDIMENT

This meal accompaniment is especially good with fish dishes—

2 fresh hot red peppers
2 fresh hot green peppers
2 medium tomatoes, peeled, seeded, and finely chopped
¼ cup finely chopped shallot *or* green onion
1 teaspoon finely shredded lime peel
¼ cup lime juice

Cut peppers open. Discard stems and seeds. Finely chop peppers. In a small bowl combine the red and green hot peppers, tomatoes, shallot, lime peel, and juice. Cover and chill till serving time. Makes about 1¼ cups.

COCONUT CONDIMENT

If you haven't made Coconut Milk, substitute sweetened flaked coconut for the fresh. Bake only 10 to 15 minutes or till dry—

2 cups fresh grated coconut from Coconut Milk (see recipe, page 123)
1 tablespoon ground coriander
1 tablespoon brown sugar
1 teaspoon tamarind (optional)
1 teaspoon ground cumin
½ teaspoon ground cardamom
¼ teaspoon salt
½ cup dry roasted cashews *or* peanuts, chopped

In a medium bowl stir together the grated coconut, ground coriander, brown sugar, tamarind, ground cumin, ground cardamom, and salt. Spread mixture in a 15x10x1-inch baking pan. Bake in a 300° oven for 40 to 50 minutes or till the coconut is toasted and dry, stirring the mixture occasionally. Add the cashews or peanuts. Cool completely. Store condiment in an airtight container. Serve as a meal accompaniment with hot cooked rice. Makes about 2 cups.

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NOTABLE DIP

- ½ lb. VELVEETA Pasteurized Process Cheese Spread, cut
- 2 tablespoons milk
- ⅓ cup sour cream or plain yogur
- 2 tablespoons finely chopped gr pepper
- 1 tablespoon finely chopped oni
- 1 tablespoon chopped pimento

Combine process cheese spread milk in saucepan; stir over low he until smooth. Add remaining ingr ents; mix well. Heat thoroughly. Se with vegetable dippers tortilla chips.
1-⅔ cups



It's all in this little yellow box.

KRAF

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File under Barbecue

Photographs Scott Little

Grilled Meats

Barbecued Chicken Bundles

These prizewinning rolled chicken breasts hide a unique filling studded with apricots, raisins, and coconut—

2 whole large chicken breasts, halved lengthwise, skinned, and boned
⅓ cup raisins
¼ cup water chestnuts, sliced
¼ cup finely snipped dried apricots
¼ cup flaked coconut
2 tablespoons butter *or* margarine, softened
2 tablespoons light corn syrup
1 tablespoon brandy
Butter *or* margarine

Place each chicken breast half between 2 pieces of plastic wrap. Pound with a meat mallet to ¼-inch thickness; set aside. In a mixing bowl combine raisins, water chestnuts, apricots, coconut, the 2 tablespoons butter or margarine, the corn syrup, and brandy. Place about *¼ cup* raisin mixture at one end of each breast half. Fold bottom edge over filling; fold in sides. Roll chicken up jelly-roll style; secure with wooden picks. Grill over *medium-slow* coals about 45 minutes, turning occasionally and brushing with additional butter or margarine. Serve on a bed of spinach leaves. Garnish with lemon slices. Makes 4 servings.

Trish Kondziela, Tonawanda, N.Y.



File under Beverages

Buying information, page 175.

Nutritious Drinks

Fruit Juice and Berry Nog

Honey sweetens this top-notch apricot, orange, and strawberry combination—

2 eggs
2 tablespoons honey
1 cup apricot nectar
⅔ cup orange juice
½ cup nonfat dry milk powder
1 tablespoon lemon juice
1 cup frozen strawberries, partially thawed
Fresh mint leaves (optional)
Strawberry slices (optional)
Lemon peel curls (optional)

In a small mixer bowl beat eggs till thick and lemon-colored. Gradually add the honey, beating constantly. Set aside. In a blender container combine the apricot nectar, orange juice, milk powder, and lemon juice; cover and blend till well mixed. Add the strawberries; blend till smooth. With blender running, add the egg mixture. Blend till smooth. Transfer mixture to storage container; cover and chill. Stir well before serving. Garnish each serving with a mint leaf, strawberry slice, and lemon peel curl. Makes 4 (6-ounce) servings.

Jill Leonard, Port Angeles, Wash.





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Apple and Raisin Shake

The applesauce gives this wholesome shake extra thickness—

1 cup milk
¼ cup raisins
1 cup vanilla ice cream
1 cup applesauce, chilled
Apple slices (optional)

In a blender container combine the milk and raisins; cover and blend till mixture is nearly smooth. Add the vanilla ice cream and chilled applesauce; blend till well combined. Pour into large glasses. Top each serving with an apple slice. Makes 3 (8-ounce) servings.

Janet L. Keeth, Wapato, Wash.



Rhubarb and Lemon Punch

Serve this tart and refreshing beverage as a party-time thirst quencher—

1 small lemon
6 cups fresh *or* frozen chopped rhubarb (24 ounces)
4 cups water
2 cups unsweetened pineapple juice
1 0.67-ounce envelope low-calorie lemonade soft drink mix
Pineapple chunks (optional)

Using a lemon zester, remove yellow portion of peel from lemon; cut peel into thin slices. In a large saucepan combine rhubarb, water, and the lemon peel. Bring mixture to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Pour rhubarb mixture, *one-third* at a time, through a sieve, pressing with a wooden spoon to remove liquid. Discard the pulp. Add pineapple juice to the rhubarb liquid. Stir in lemonade mix. Cover; chill. (Or, freeze to serve as a slush.) Garnish each serving with pineapple chunks. Makes 12 (4-ounce) servings.

Irene Thearle, Neenah, Wis.



Grilled Lamb Burgers

Use a wire grill basket to facilitate turning these meat patties—

¼ cup bulgur wheat
1 pound ground lamb
½ cup snipped parsley
2 tablespoons finely chopped onion
1 tablespoon dry red wine
1 small clove garlic, minced
½ teaspoon snipped fresh mint *or* ⅛ teaspoon dried mint, crushed
¼ teaspoon ground allspice
Pita bread rounds
Lettuce leaves (optional)
Chopped cucumber (optional)
Plain yogurt (optional)

Soak the bulgur wheat in warm water for 1 hour. Drain well. Combine bulgur with ground lamb, parsley, onion, red wine, garlic, mint, allspice, and ½ teaspoon *salt*. Form into four ¾-inch-thick patties. Grill over *medium* coals for 16 to 18 minutes or till of desired doneness, turning meat once. Serve with pita bread, lettuce leaves, cucumber, and yogurt. Makes 4 servings.

Nancy Drake, Sylvania, Ohio



Herbed Pork Roast

Four kinds of seeds provide flavor and crunchy texture in the coating—

3 tablespoons soy sauce
1 3½-pound boneless pork loin roast
2 tablespoons aniseed
2 tablespoons fennel seed
2 tablespoons caraway seed
2 tablespoons dillseed

Rub soy sauce over roast to coat well. In a 15x10x1-inch baking pan stir together the aniseed, fennel, caraway, and dillseed. Roll meat in seeds to coat evenly. Wrap meat in foil; refrigerate for 1 to 2 hours or overnight. Remove foil. Insert spit rod through center of roast. Adjust holding forks; test balance. Insert meat thermometer near center of roast, not touching rod. In covered grill place *medium-hot* coals on both sides of drip pan. Attach spit; position drip pan under meat. Turn on motor; lower grill hood. Grill for 2 to 2½ hours or till meat thermometer registers 170°. Slice to serve. Makes 12 to 14 servings.

Anne Torda, Bedford, Tex.

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TIMELESS TEMPTATION #1

MOUSSE IN A MINUTE

1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling
1 ½ cups milk
1 cup thawed BIRDS EYE® COOL WHIP® Whipped Topping

Prepare pudding mix, using 1 ½ cups milk. Fold in whipped topping and spoon into dessert dishes.

Garnish with additional whipped topping, if desired. Makes 2⅔ cups or 5 servings.

Win More Money



Prize Tested Recipes

You could win $100! Beginning in January, we'll be giving away $450 every month to 10 creative cooks who want to share their recipes on the pages of Better Homes and Gardens® *magazine. Each month, in our WIN MONEY feature, we'll be asking you to send us your original recipes in two special categories—this month, the categories are Micro-Cooked Vegetables and Canned Seafood Entrées. Seven months later, we'll publish the winners on our PRIZE TESTED RECIPES pages. You have lots of chances to win and can enter as often as you like. We'll be awarding:*

- $100 to two Cooks of the Month
- $50 to two Runners-Up
- $25 to six Honor Roll Winners

Here's your chance to win money for your recipes. To enter read on.

MICRO-COOKED VEGETABLES

CANNED SEAFOOD ENTRÉES

For quick meals, do you prepare a vegetable dish in your microwave oven? Is canned seafood the beginning of a special dinner?

HINTS TO HELP YOU

Micro-Cooked Vegetables: Enter your side-dish recipe that starts from fresh, frozen, or canned vegetables. **Tips: grain-stuffed squash, creamy parsnip puff, scalloped rutabaga.**

Canned Seafood Entrées: Your original fish or seafood entrée might feature canned clams, crab meat, lobster, oysters, salmon, shrimp, or tuna. **Hints: three-level tuna bake, lobster paprikash, Italian seafood stacks.**

THIS MONTH'S WINNERS

(See recipes on pages 143 and 144.)

Cooks of the Month: Trish Kondziela, Tonawanda, N.Y.
Jill Leonard, Port Angeles, Wash.
Runners-Up: Nancy Drake, Sylvania, Ohio
Janet L. Keeth, Wapato, Wash.
Irene Thearle, Neenah, Wis.
Anne Torda, Bedford, Tex.
Honor Roll: Grace A. Ashe, Greenville, S.C.
Julia Clark, Cape Girardeau, Mo.
Steve Davis, Durango, Colo.
Dawn Deans, Columbus, Ohio.
Charyl McCully, Anaheim, Calif.
Barbara Rauba, North Riverside, Ill.
Joan Schneider, Ventura, Calif.
Melissa Simons, Manchester, Mo.
Dorothy Vogt, Pomeroy, Wash.
Brenda Wuerd, Dana Point, Calif.

CONTEST RULES

1. Write your name, address, and recipe marked "Micro-Cooked Vegetables" or "Canned Seafood Entrées."
2. Specify brand names of food products you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, Meredith Corporation has the right to use it in any manner for as long as we wish.
5. Entries must be postmarked by midnight, June 30. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address the recipes you enter to 8406 Food Department, Better Homes and Gardens, Des Moines, IA 50336.
8. All entry materials become property of the Meredith Corporation.

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begins on page 93

Baby gifts

EMBROIDERY ON CHRISTENING GOWN, page 94

To order patterns for christening gown, toddler's dress, and mother's dress, see page 173.

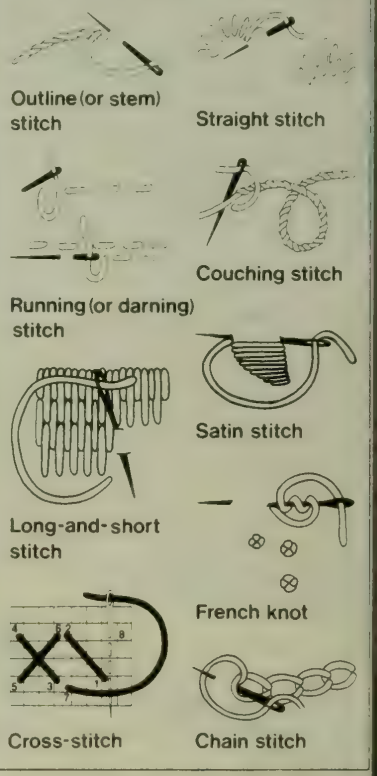
Materials: Narrow satin ribbon in pastel colors; embroidery floss to match pastel ribbon colors.

Instructions: Assemble christening gown according to pattern. Embellish yoke and front of gown with embroidered designs (see stitch diagrams *right*), adapting motifs from baby bonnet (see instructions right). Add ribbon rosettes and leaves, referring to photograph on page 94 for placement.

Rosettes: Cut ¼-in.-wide ribbon into 2½-in. lengths. Sew ends together, making a circle of ribbon. Run a gathering thread around one edge of circle. Pull thread to gather ribbon into small, tight flower. Stitch French knots in center of each flower.

Leaves: Cut ⅛-in. ribbon into 2-in. lengths. Fold ribbon into a figure eight. Tack overlapped areas of ribbon and sew to back of ribbon rosettes.

Arrange rosettes and leaves on christening gown and tack in place. Weave ribbons through lace edgings on gown.



EMBROIDERED BABY BONNET, page 94

Materials: ½ yd. *each* white cotton/polyester lining fabric and lightweight interfacing; ½ yd. narrow lace trim; 1 yd. 1-in.-wide gathered or pleated lace or eyelet trim; 1 yd. white satin ribbon; embroidery floss in assorted pastel colors; small decorative beads; embroidery hoop; water-erasable marking pen.

Instructions: Enlarge pattern *(page 152)* onto paper; transfer *outline only* of pattern to fabric. Do not cut out brim of bonnet until design is embroidered.

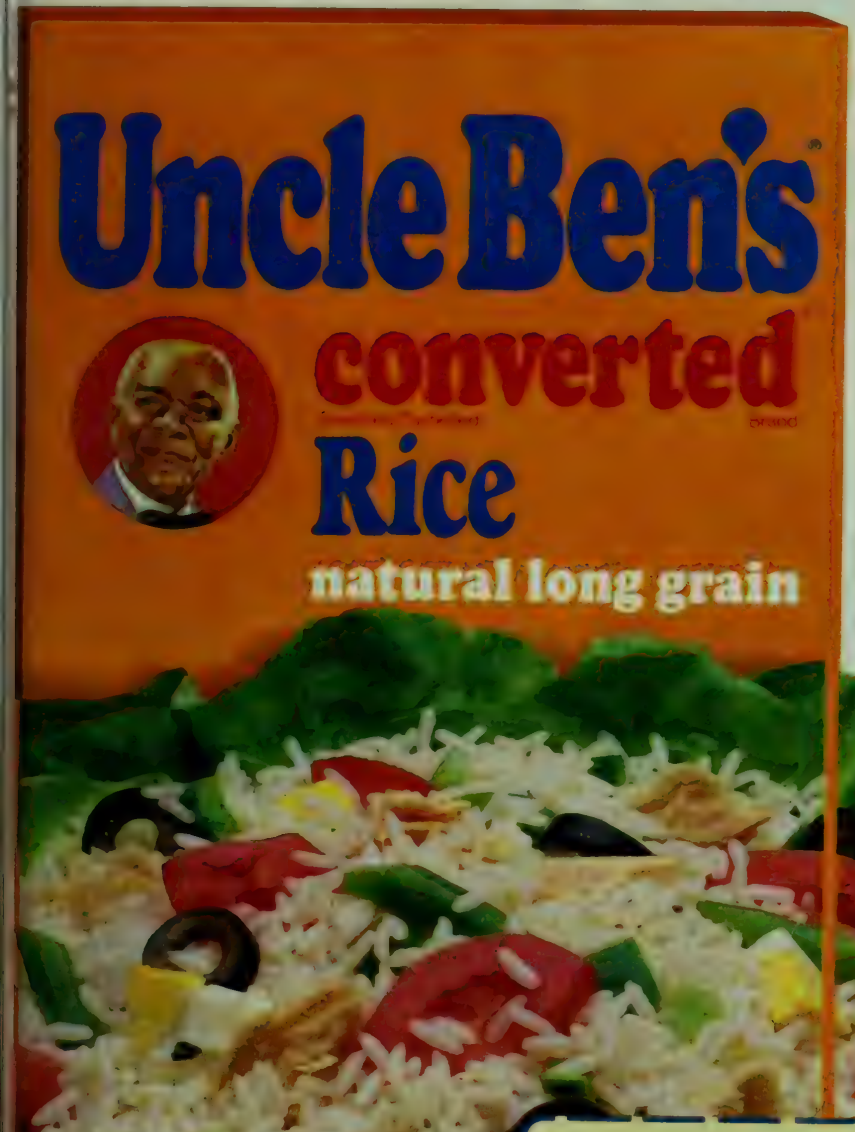
Transfer design to fabric using a water-erasable marking pen. Mount fabric in an embroidery hoop and work design in a variety of stitches using 2 strands of floss (see stitch diagrams *above*). Refer to photograph *(page 94)* for colors. Add beads or French knots as indicated on pattern by small dots.

Cut out all pattern pieces. Baste embroidered strip to interfacing. Cut a 44x3¾-in. rectangle from lining fabric; run a gathering thread along both long sides. Shirr strip of fabric by pulling gathering threads until length is same

continued

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Only the best makes them separate from the rest.



This summer create a cool delicious rice salad with UNCLE BEN'S® CONVERTED® Brand Rice.

It's a light, refreshing change from potato salad or cold pasta salad. And unlike ordinary rice, UNCLE BEN'S® stays separate and fluffy, even after it's chilled. It doesn't have the surface starch that makes rice sticky.

Try UNCLE BEN'S® Rice Salad Niçoise created by leading food authority James Beard, and look for more delicious recipes on packages of UNCLE BEN'S® and in your store.

UNCLE BEN'S® RICE SALAD NIÇOISE BY JAMES BEARD



1 cup UNCLE BEN'S® CONVERTED® Brand Rice
¼ cup olive or vegetable oil
2 tbsp vinegar
1 tsp dried basil
½ tsp freshly ground pepper
2 cloves garlic, minced
1 cup lettuce, any type)
1 can (6½ or 7 oz.) tuna, drained and coarsely flaked
3 stalks celery, cut into strips
6 green onions, cut into 1-in. pieces
1 green pepper, cut into strips
1 cup cut green beans, cooked and chilled
1 cup ripe olives
3 tomatoes, cut into wedges
3 hard-cooked eggs, sliced
6 anchovies, chopped (optional)

Cook UNCLE BEN'S® Rice according to package instructions. Combine oil, vinegar, basil, pepper, garlic and 1 tsp. of salt. Toss mixture into hot rice. Cover and refrigerate. (Remember *only* UNCLE BEN'S® chills separate and fluffy overnight!) Line large platter with lettuce. Toss remaining ingredients into rice and serve. Approx. 6 servings.

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Because easy chairs lead tough lives.

The average recliner is no match for the average family. Teenagers dive into them. Large adults, small children and shaggy dogs flop into them. Often all at once.

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La-Z-Boy chairs are beautiful where it shows. And tough where it counts.



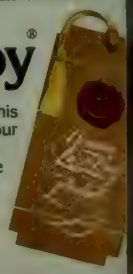
Layer after layer, you can see the quality in a La-Z-Boy recliner. In the wear-tested fabrics, many of Dupont Antron,® Orlon® and Dacron.® The full contoured foam padding. The sinuous steel springs. The select hardwood frame. The double-doweling at stress points.

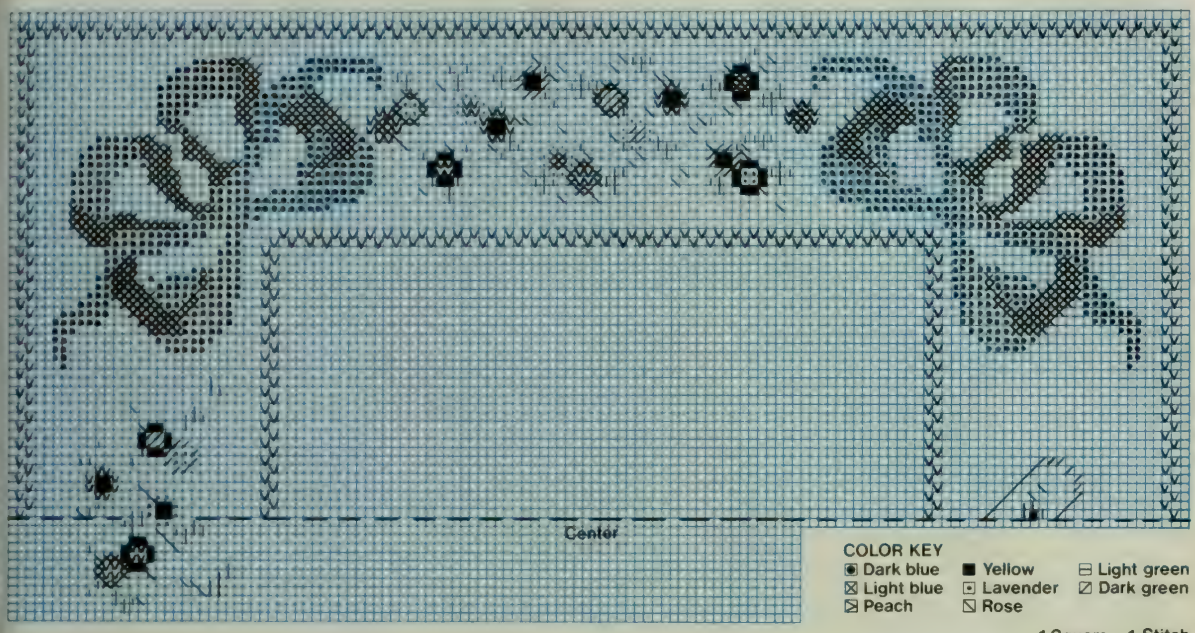
It's the kind of construction and craftsmanship that has made La-Z-Boy America's best-selling recliner. The kind that will make it part of your family for years to come.

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Look for this label as your assurance of genuine La-Z-Boy quality.

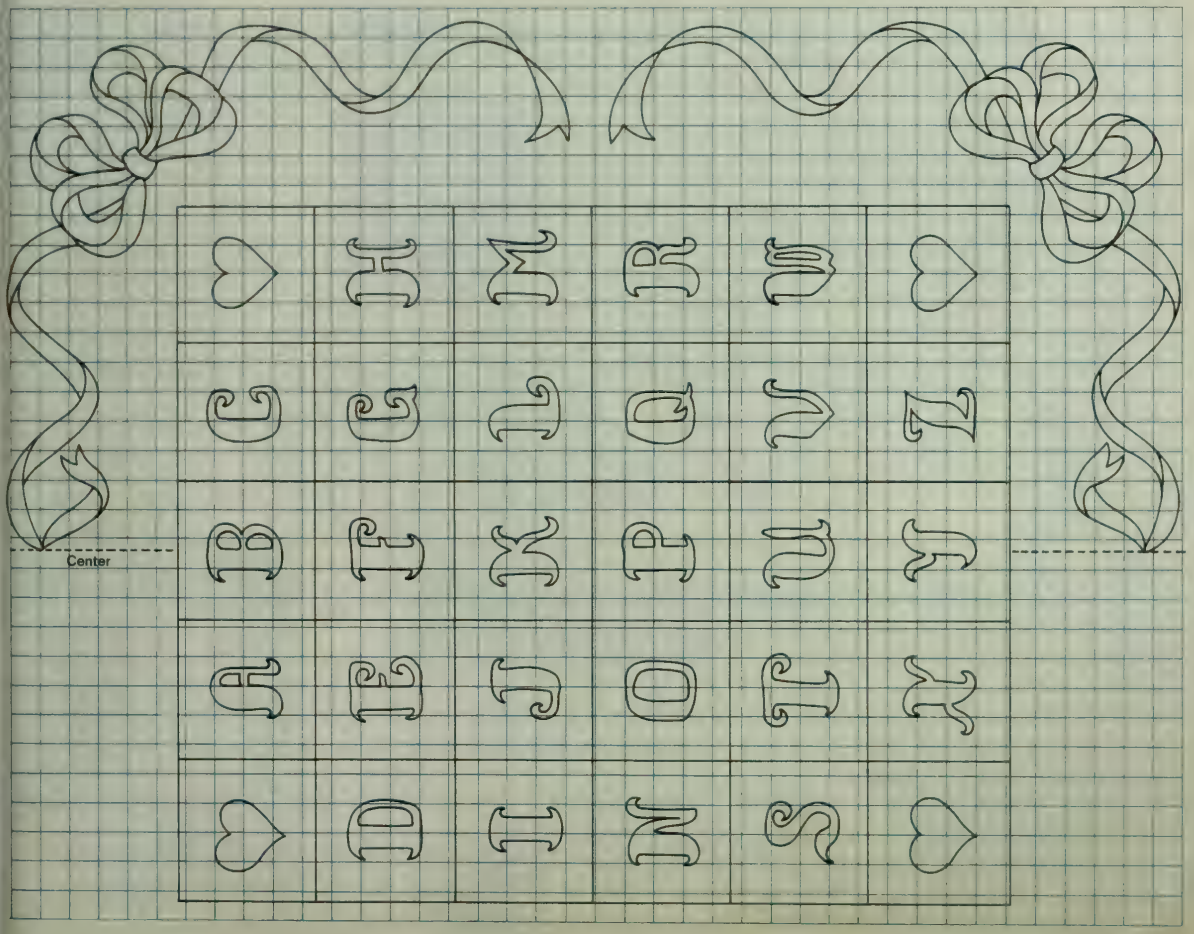




COLOR KEY

- Dark blue
- Light blue
- Peach
- Yellow
- Lavender
- Rose
- Light green
- Dark green

1 Square = 1 Stitch



1 Square = 1 Inch

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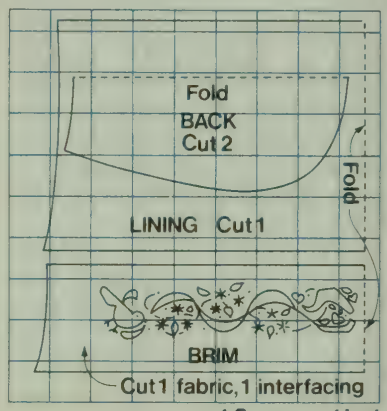
Area Code
Zip Phone ( )



002-0684

continued

Baby gifts



1 Square = 1 Inch

as embroidered strip. With right sides facing, stitch shirred section and embroidered strip together along one side, using a ⅜-in. seam allowance. Hand-stitch narrow lace to right side just behind embroidered band.

With right sides facing, baste gathered ruffle to front edge of embroidered strip. Right sides facing, baste a second ruffle to back edge of shirred fabric piece.

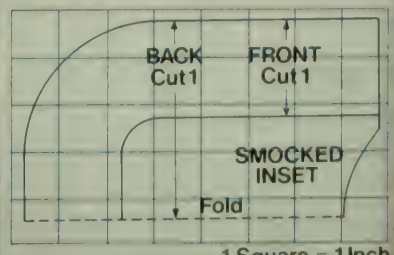
With right sides facing, pin bonnet back to back of shirred strip, matching center and ends. Baste; stitch with ⅝-in. seam. Trim seam and clip curves.

Prepare lining by joining bonnet back and lining same as for front. With right sides facing, pin lining to bonnet. Using ⅝-in. seam, stitch front and lower edge of bonnet, leaving an opening at lower back edge. Trim seams and corners. Turn right side out; stitch opening closed. Attach ribbon ties and trim to desired length.

SMOCKED BABY BIB, page 95

To order 24-row smocking machine, see page 173.

Materials: Pleating machine (or iron-on dots) for gathering fabric; ⅓ yd. white cotton/polyester fabric; ⅓ yd. print



1 Square = 1 Inch

continued

THE WESTCLOX® "GREAT AMERICAN MOMENTS" SWEEPSTAKES

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2. Enter as often as you like, but mail each entry separately to Westclox "Great American Moments" Sweepstakes, P.O. Box 514, Lowell, IN 46356. All entries must be received by July 31, 1984.
3. Winners will be determined in random drawings conducted by VENTURA ASSOCIATES, INC., an independent judging organization whose decisions are final. Winners will be notified by mail and must sign and return an affidavit of eligibility within 21 days of notification. Odds of winning are dependent upon the number of entries received.
4. No duplicate prizes and no substitutions other than may be necessary due to availability. Taxes are the responsibility of winners. Minors must be accompanied by a parent or guardian. Trip must be scheduled and taken by December 31, 1985.
5. Sweepstakes open to residents of the continental U.S. Void where prohibited by law. Not open to employees and their families of Talley Industries Companies, their advertising, sales and promotion agencies and VENTURA ASSOCIATES, INC. All Federal, State and local laws and regulations apply.
6. For a list of major prize winners send a stamped, self-addressed envelope to Westclox "Great American Moments" Sweepstakes Winners List, P.O. Box 764, Lowell, IN 46356.

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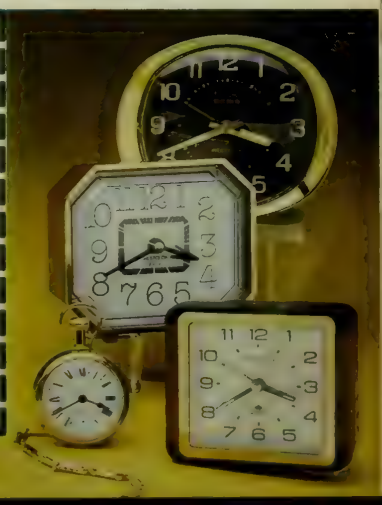
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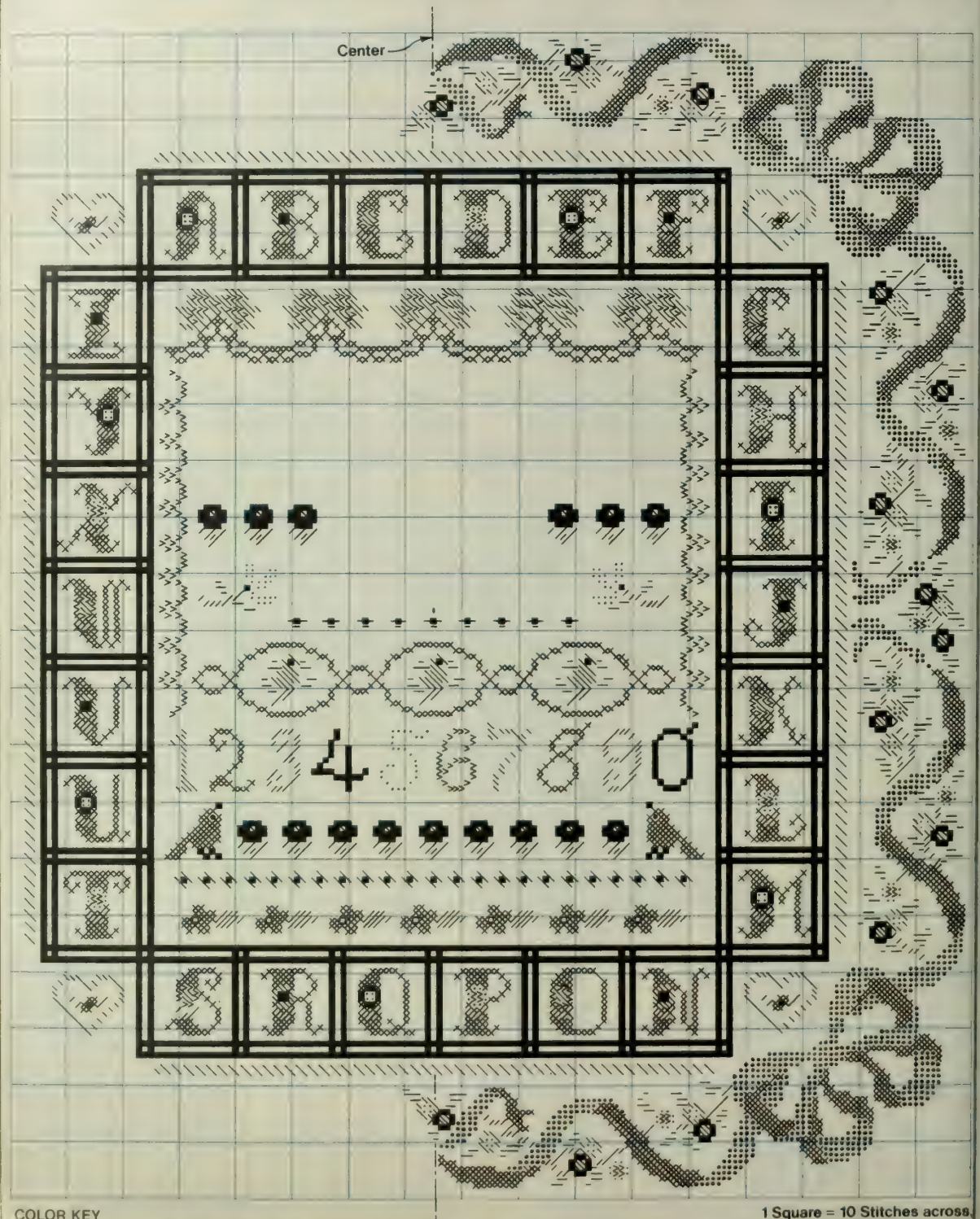
ADDRESS _____

CITY _____ STATE_____ ZIP_____

TELEPHONE (____) _____

All entries must be received by July 31, 1984.





COLOR KEY

- Dark blue
- Light blue
- Peach
- Yellow
- Lavender
- Rose
- Light green
- Dark green
- Dark green (Stems and leaves on letters)

1 Square = 10 Stitches across, 10 Stitches down

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What not to do in bed.

You can read.

You can rest.

You can sleep.

You can make phone calls.

You can eat breakfast.

You can watch television.

You can listen to music.

You can exercise.

You can snore.

You can even eat crackers—
provided you're alone.

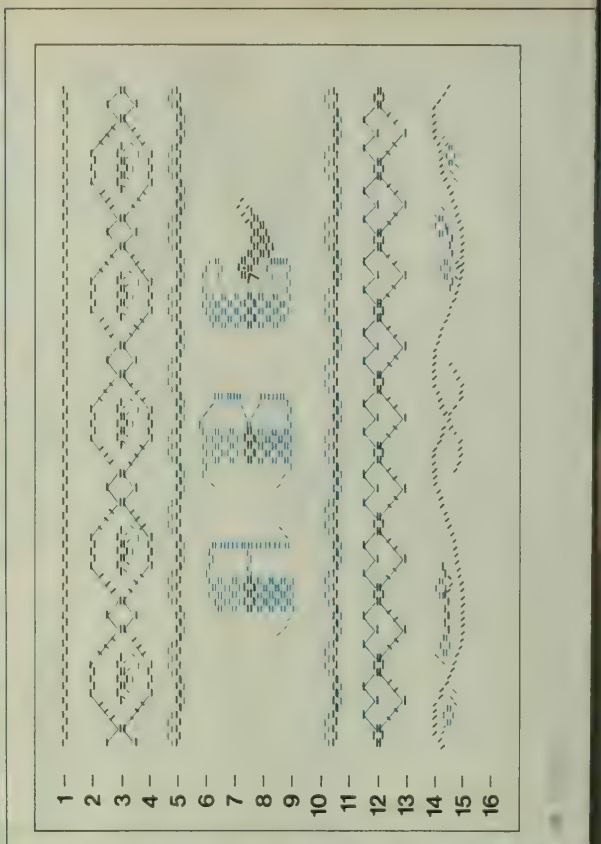
And yes, you can snuggle.

But don't ever light up a cigarette
when you're in bed.

Because if you doze off just once,
all your dreams can go up in smoke.

R.J. Reynolds Tobacco Company





continued

Baby gifts

backing fabric; embroidery threads in pastel colors.

General smocking instructions: For pleating how-to and basic smocking stitches, refer to embroidery books or commercial patterns featuring smocked designs. To hand-pleat fabric before smocking, use iron-on dots for marking pleats (available in needlecraft stores); or, use a smocking machine.

Instructions: Enlarge pattern *(page 152)* onto paper and transfer to fabric. Cut pieces from fabric and set aside.

To make smocked baby bib inset, pleat a strip of fabric to measure 5 in. after gathering. The piece should measure 6 in. deep. Use pattern *(above right)* to work pleated inset.

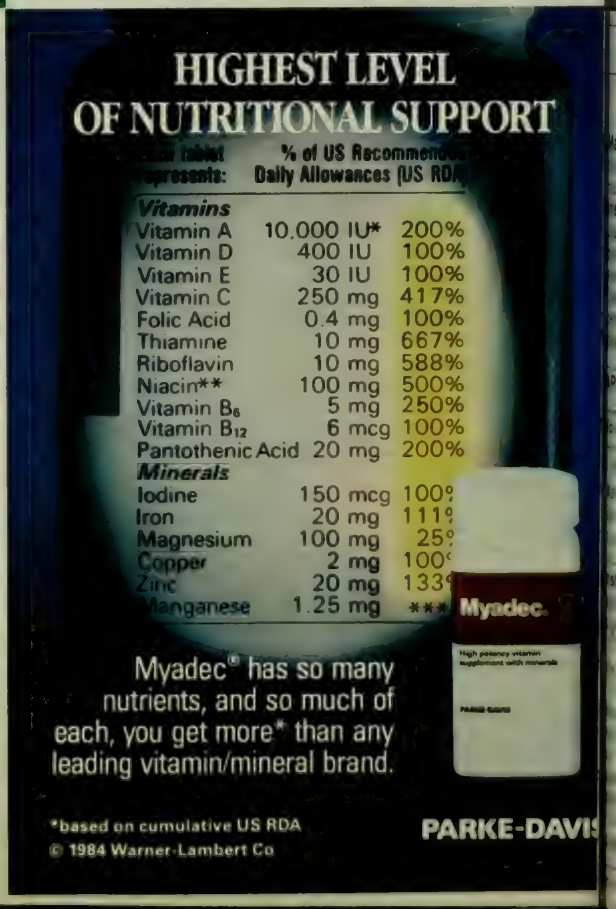
Smock pleats on back side for larger areas with no embroidery; this prevents pleats in those areas from pulling apart.

When embroidery is complete, remove gathering threads. (Smocking is very elastic and stretches when completed; pleats are closer together than needed for finished project.) To block, pin smocked piece facedown to measure 5 in. wide. Hold a warm steam iron 1 in. above fabric, but do not press.

Make a piping of contrasting fabric; sew piping to outside edge of smocked inset. With right sides facing, sew inset to bib front, easing fabric around corners; clip corners. With right sides facing, sew front to back, leaving curved edge of neckline open; turn right side out and stitch opening closed. Attach bias tape to curved neckline and finish ends for ties.

PERFORATED PAPER FRAME,
page 93

To order kit for perforated paper frame, see page 173.





quilt blocks, mitering corners to form an even border. Pin and baste bow design to 7½-in.-wide muslin border. Whipstitch appliqués by hand so edges lie flat and are secure.

Cut batting and backing fabric slightly larger than quilt top. Place batting between quilt top and backing fabric; baste layers together. Quilt as desired using pink quilting thread. Remove basting threads. Fold backing fabric over quilt top, turning raw edges under; miter corners. Machine-stitch or slip-stitch by hand to finish. Add purchased floral appliqués.

CROSS-STITCH SAMPLER, page 93

To order counted cross-stitch kit for sampler, see page 173.

Finished size is 18x20 in.

Materials: 22x24-in. piece white hardanger; embroidery floss (see color key *page 154*); tapestry needle; embroidery hoop; masking tape; graph paper; marking pens to match floss.

Instructions: Referring to chart *(page 154)*, transfer entire design to graph paper. Reverse border to left of center line.

Bind edges of fabric with masking tape to prevent raveling. Locate center of fabric and mark with straight pin.

Begin working in center of design, using two strands of embroidery floss, and working over two threads of fabric. Mount fabric in embroidery hoop and begin cross-stitching, using weave of fabric to establish size and placement. Work one area of color at a time. Work center of design first, *except names and date*, then stitch border.

Personalize sampler in area provided by stitching names and date. Refer to cross-stitch books or commercial patterns for a suitable alphabet and numbers (chart onto graph paper before stitching).

To block, press gently with a warm iron and clean, damp towel. Frame as desired.

Materials: Perforated paper; embroidery floss in colors listed in color key; tapestry needle; graph paper; marking pens to match floss; artist's stretcher strips; double-faced tape.

Instructions: Transfer pattern *(page 151)* to graph paper using marking pens. Complete border to right of center line. Staple perforated paper to artist's stretcher strips. Using two strands of floss, work cross-stitches or continental stitches (half cross-stitches) over one space in paper. Cut opening in center of paper and mount picture. Trim edges and secure frame to cardboard backing using double-faced tape.

APPLIQUÉD CRIB QUILT, page 93

To order full-size pattern for appliquéd crib quilt, see page 173.

Finished size is 38x42 in.

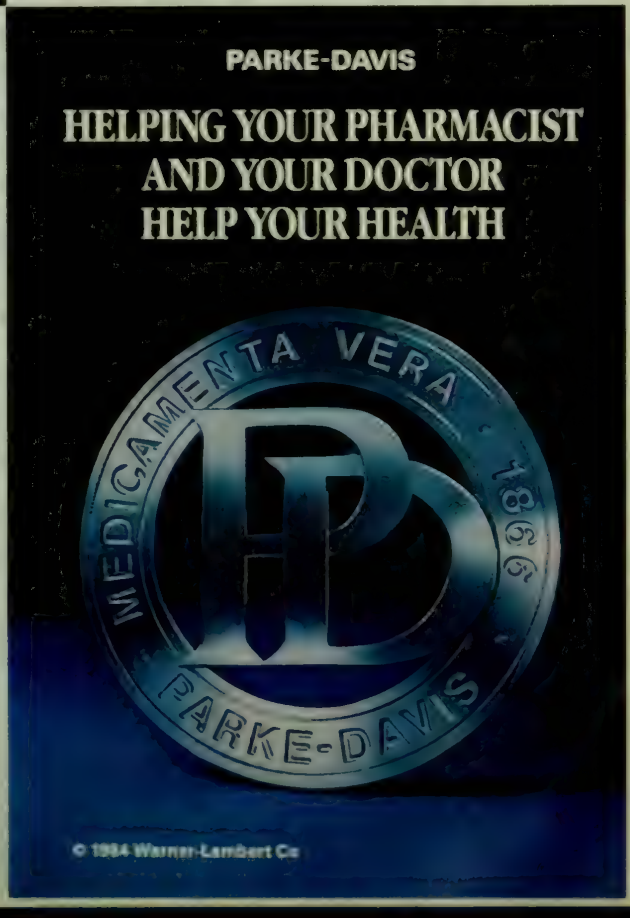
Materials: ¼ yd. blue fabric for appliquéd letters; assorted fabrics for remaining appliqués and fabric strips; 1½ yds. muslin for quilt blocks and borders; 1½ yds. backing fabric; quilt batting; purchased floral appliqués.

Instructions: Enlarge pattern *(page 151)* onto paper. Preshrink all fabrics. Transfer pattern pieces to fabric, referring to *page 93* for colors. Add ¼-in. seam allowances.

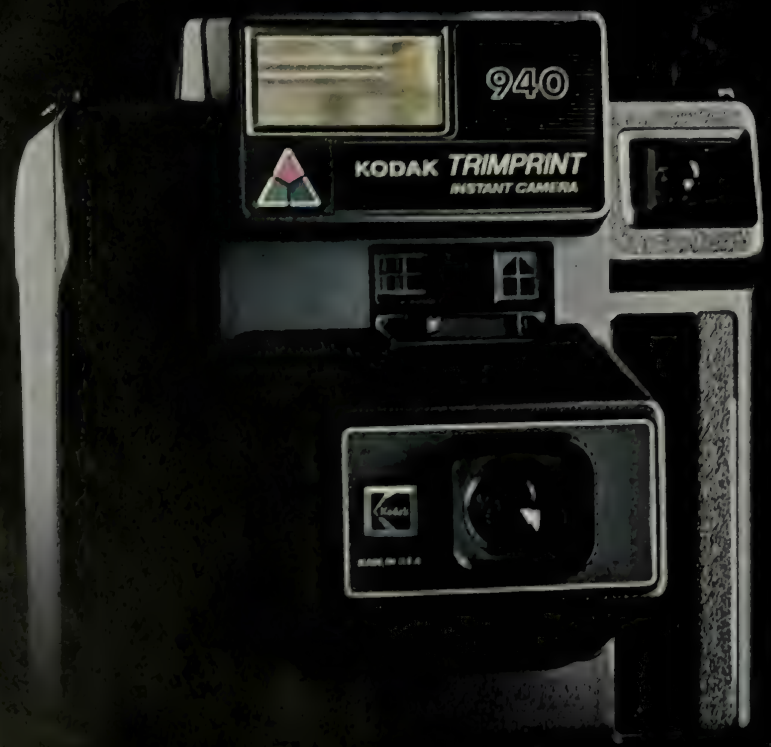
Cut out fabric appliqués. Cut 4-in. muslin squares for quilt blocks; cut 1-in.-wide strips for borders around 4-in. squares.

Turn seam allowance under on letters, hearts, and border designs; baste along fold. On inside curves and corners, snip seam allowance so edges turn easily. Pin and baste letters and hearts to 4-in. squares. Stitch 1-in.-wide strips to quilt blocks, referring to photograph *(page 93)* for colors and placement. Join all quilt blocks, referring to photograph *(page 93)*.

Cut two strips of muslin to measure 7½x38 in.; cut two strips of muslin to measure 7½x42 in. Machine-stitch to



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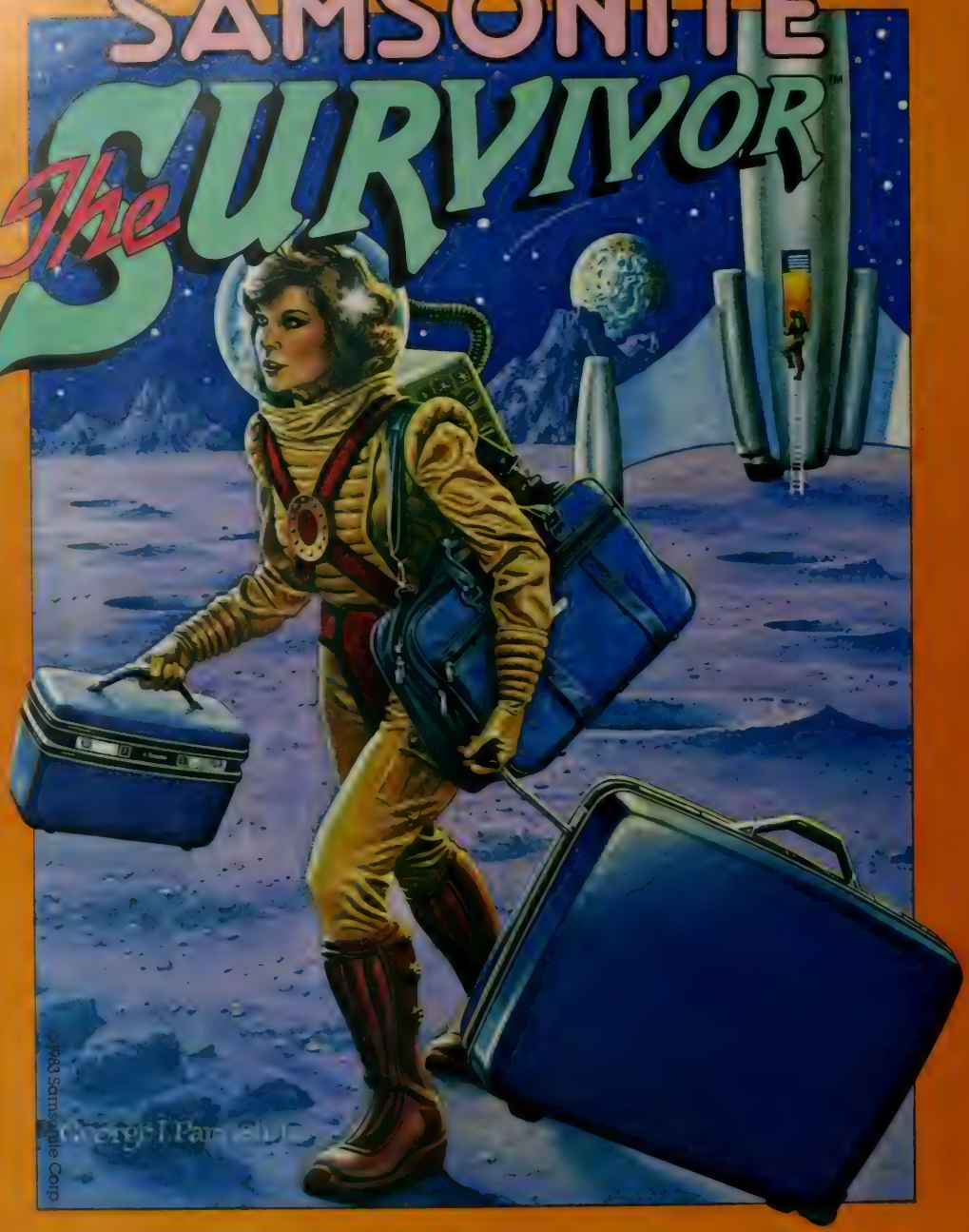


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FAMILY VACATIONS IN *SOUTHERN CALIFORNIA*

BY GEORGE S. BUSH

With so much to enjoy in Southern California, vacationing there means being selective. Beaches and inviting seas stretch up and down the coast, dramatic mountains loom from the deserts, and exotic flora and opulent color are everywhere. Then there's the magic of the region's lifestyle: the charms of its Spanish heritage, eternal suntans, the glamour that radiates from Hollywood, and the multitude of world-renowned attractions.

To help you make the right choices when visiting this popular vacation area, we divided Southern California into several manageable parcels, each with its own enticements. Altogether, the grand tour equals 500 to 700 miles, depending on the amount of local driving you do.



Illustration: The Art Factory

Olympics '84

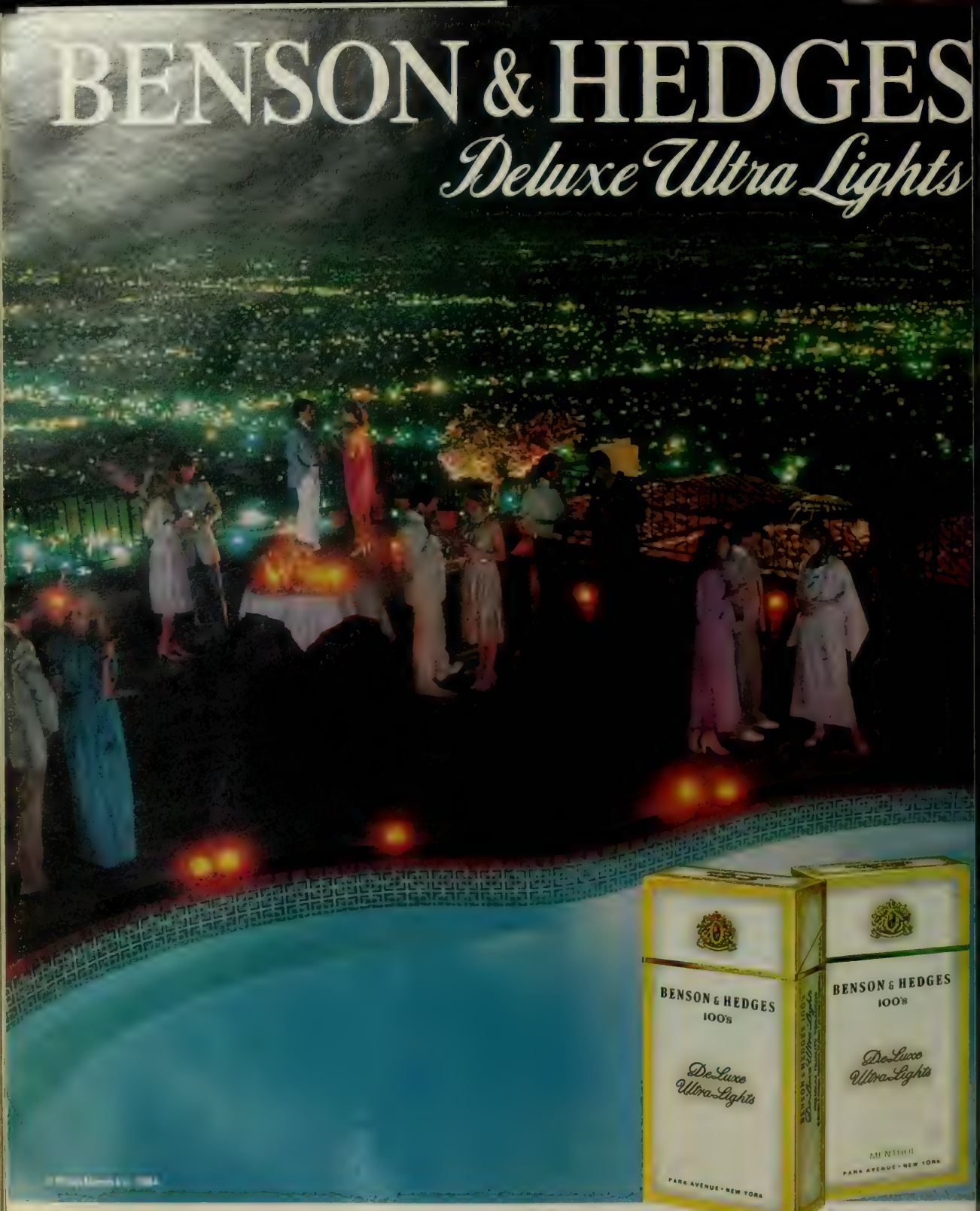
Los Angeles hosts the 1984 Olympics from July 28 to August 12. This will affect more than the L.A. area. Some events are as far south as San Diego County, and many hotels have been at least partly booked all along the coast. Unless you plan to attend, you're better off visiting before or after. But as similar spectaculars have shown, expected crowds don't always materialize. If you can stay flexible till the last minute, you may find lodging bargains.

For information about Olympics tickets, pick up a Ticket Brochure and Ticket Update Book at a Sears store or phone 213/741-6789. There's no central housing office for the games. To find out what lodgings are still available, see a travel agent or get lodging lists from visitor bureaus in this article.

continued

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ANAHEIM/BUENA PARK:
Theme Park Wonderland

A trip to Disneyland ranks first in most families' plans. But don't necessarily go there first. Visit on Thursday and Friday, usually the lightest days, when you can take in more rides and shows.

Arrive at about 8:30 a.m. so you're parked and ready when the gates open at 9 a.m. Pinpoint four or five priority attractions and head for the one that tops your list. Next (guided by your list), go to one of the attractions farthest from the gates, like Big Thunder Mountain Railroad or the Matterhorn Bobsled. After that, take it easy and see what strikes your fancy.

In the afternoon, get your hands stamped for reentry, and return to your hotel for rest and a swim (most local lodgings run Disneyland shuttles). Come back to the park in the cool of the evening to see the stage shows and fireworks.

The next day, repeat this procedure. You'll need both days to do the park justice. Even if you don't have small children, spend some time in Fantasyland, which has been redone and is more enchanting than ever.

Disneyland, in Anaheim on L.A.'s southern outskirts, is open daily until midnight or 1 a.m. (closed Mondays and Tuesdays in fall and winter months). One-day admission runs $13, $9 for ages 3 through 12.

Snoopy, too

Disney's paragon of theme parks isn't the only major attraction in the neighborhood. Nearby, in Buena Park, is Knott's Berry Farm, which started as a fruit-and-jelly stand more than 60 years ago and has grown into an entertainment center.



What Mickey Mouse is to Disneyland, Snoopy is to Knott's, and in many ways, the two parks are much alike. But Knott's is homier, more like a permanent, very elaborate state fair. While it lacks Disney's array of technical effects and animations, it offers more thrill rides, including two upside-down roller coasters, a parachute tower, and a great flume.

The special children's domain is Camp Snoopy, with a superduper playground that alone is worth the admission price: $11.95 a day, $10.95 for ages 12 to 17, $8.95 for 3 through 11. Summer hours are similar to Disneyland's (closed Wednesdays and Thursdays in fall and winter months). Both parks have oodles of restaurants, snackeries, shops, and penny-arcade amusements.

Another attraction, one block from Knott's and 10 minutes from Disney, is Movieland, the best wax museum of its kind. Life-like figures of some 200 film and television stars are displayed in scenes from famous productions ($7.95, $5.95 for ages 5 through 11, under 5 free).



Knott's Berry Farm, with its parachute tower, and Disneyland are fun stops in the same neighborhood.

Helpful literature

For the following free publications to help plan your vacation, write to the California Office of Tourism, 1030 13th St., Sacramento, CA 95814: *California State Map; 26 Driving Tours; Visitor Information Sources; Adventures; Hiking & Camping; Water Sports;* and *Calendar of Events.*

Quarters plus

Though lodgings aren't cheap in Anaheim/Buena Park, it's a good idea to make this neighborhood your headquarters, even when visiting L.A. (in nonrush hours, you can reach downtown in a half hour by freeway). All major chains have hotels here; most rates run $40 to $80 a night double, kids under 18 generally free. The Station Inn (about $60) is among the best deals. Disneyland Hotel, a resort in itself, is another top choice (about $70 to $120 for a family). But you probably can beat these rates with packages that include lodgings and admissions to attractions. Check with a travel agent.

For more details, contact:

- **Anaheim Area Visitor & Convention Bureau,** 800 W. Katella Ave., Anaheim, CA 92802.
- **Disneyland,** Box 3232, Anaheim, CA 92803.
- **Knott's Berry Farm,** Box 5002, Buena Park, CA 90622.

continued

Photographs: Left, Walter Houk; right, ©Walt Disney Productions

LOS ANGELES:
City Of Celebrities

Though the days of true superstars are gone, in our minds they're as alive as ever. Nowhere is this more evident than in Hollywood, Los Angeles' sprawling suburb. You'll experience déjà-vu wherever you go; there's hardly a street that hasn't been a movie set. But the fascination isn't all yesteryear. Today's celebrities often are seen on their everyday rounds.



The hot spots

The fans' mecca is Grauman's (now Mann's) Chinese Theatre, with the famous footprints. It's here sight-seeing buses load for tours all over the region, but particularly to Beverly Hills and Bel Air. Besides the stars' homes, you'll see some fabulous architecture. StarLine runs two-hour minibus trips ($11, 12 and under $5.50).

The most popular studio tour is Universal, in outlying Universal City. You ride a tram through the back lot—across a collapsing bridge and through a *Star Wars* set—and visit a sound stage. There are shows and an audience-participation screen test ($11.50, $9.50 for under 12).

But to really experience movie making, visit Burbank Studios, where small groups (no kids under 10) are guided through working sets (two-hour tours $16, by reservation).

NBC Studios in Burbank also offers a behind-the-scenes TV tour ($4.50, 14 and under $3.25). Free tickets for shows may be picked up or mail ordered.

Downtown delights

Still, there's more to L.A. than the entertainment industry. Sample Mexican foods and browse the outdoor market of Olvera Street downtown, and explore nearby Chinatown and Little Tokyo. This year's Japanese Festival runs August 18 to 26.

Elsewhere is the famous Farmers Market, with its fragrant stalls and snack stands. You can visit the La Brea Tar Pits, where the museum exhibits life forms excavated from these asphalt puddles, and the J. Paul Getty Museum (en route, you pass Santa Monica and Malibu beach settlements). Ports O' Call Village is a collection of shops and eateries in turn-of-the-century style at the docks of San Pedro. The Hollywood Bowl hosts summer concerts.

Sun and sand south

Some of California's choice beach communities lie along a 40-mile stretch at the doorstep of L.A.

Balboa, which occupies a narrow coastal peninsula, has a great golden beach and fishing pier at Balboa Park. On the peninsula's bay side stands old Balboa Pavilion, where boats leave for Santa Catalina Island. There are harbor tours, deep-sea fishing boats, and a seafood restaurant.

Laguna Beach, seven miles farther south, is more elegant, with landscaped promenades on shore bluffs and the intriguing *Pageant of the Masters*, a series of live tableaus of famous paintings, porcelains, and statuary posed by local volunteers. The pageant is part of the Festival of the Arts of Laguna (this year July 7 to August 26). Pageant seats (reserve in advance) cost $6 to $25.

Dana Point, a few more miles south, provides a treat. Cruises of the Orange County Marine Institute introduce families with kids to the thrills of oceanic research ($13, $8 for under 11; Fridays from Memorial Day through Labor Day).

For details, contact:

- **Greater Los Angeles Visitors Bureau,** Box 71608, Arco Plaza, Los Angeles, CA 90071.
- **The Pageant of the Masters,** Box 1659, Laguna Beach, CA 92652.
- **Orange County Marine Institute,** 35502 Del Obispo, Dana Point, CA 92629.
- **Anaheim/Orange County Visitors Bureau,** 800 W. Katella Ave., Anaheim, CA 92802 (for lodgings and attractions as far south as Dana Point).

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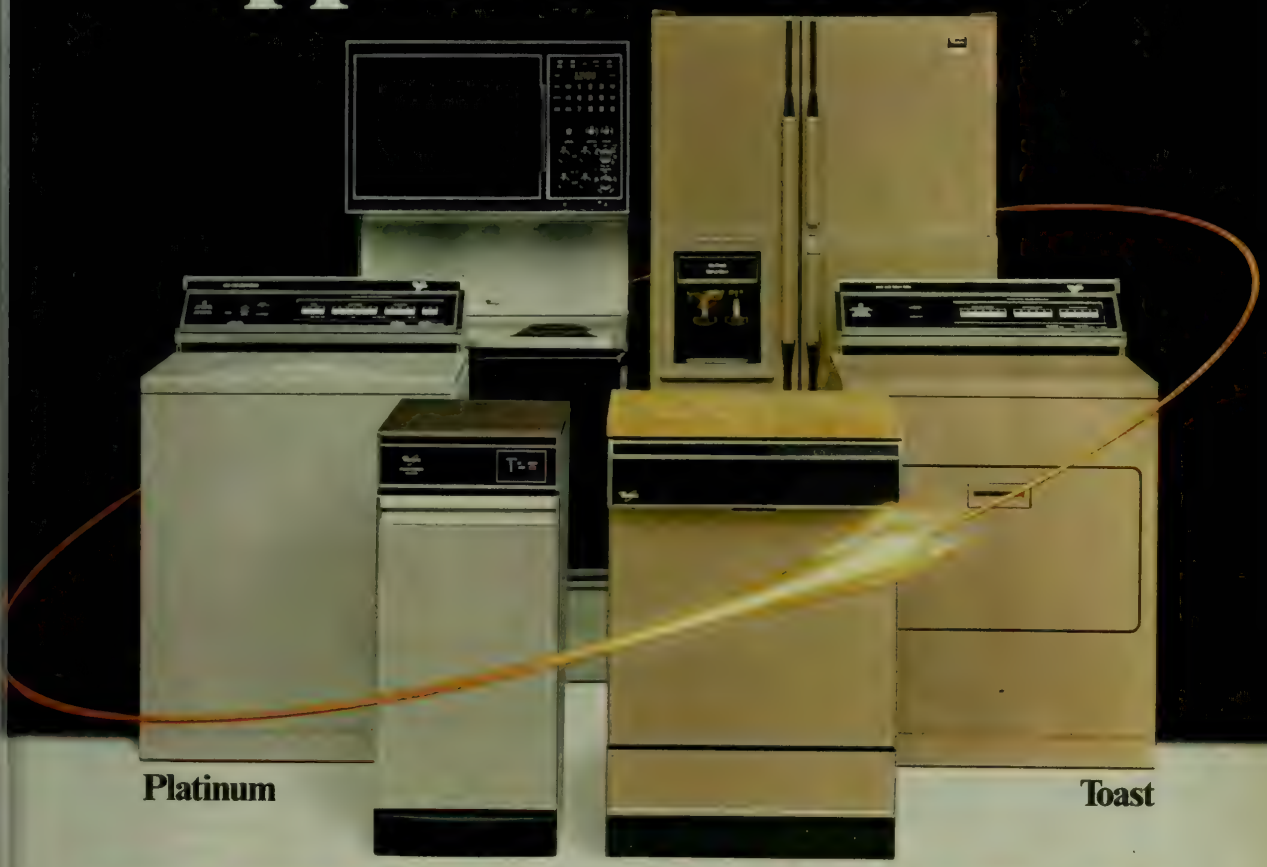
Young dancers perform along Los Angeles' Olvera Street. The city itself is a sprawling megalopolis.

California camping

There are campsites in state parks along beaches and in the mountains ($9 with hookups, $6 or $8 in developed campgrounds, $3 at primitive sites). For locales and facilities, send $3 to Distribution Center, Dept. of Parks and Recreation, Box 2390, Sacramento, CA 95811. You'll receive a reservation form (advance bookings often required in summer; $2.25 fee per site).

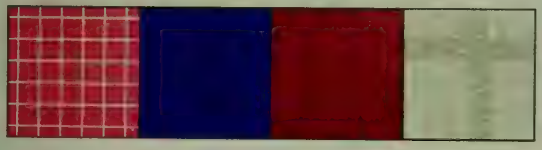
Photographs: Left, C. Aurness/West Light; right, Walter Houk

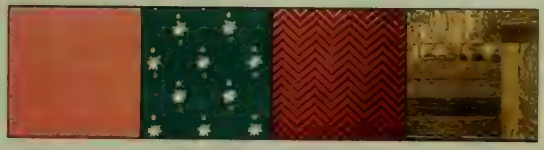
Whirlpool announces exciting new appliance colors!



Platinum

Toast





It's happened again! Whirlpool has taken a giant step ahead of the rest. This time, by offering you two exciting new appliance colors: Platinum and Toast. The decorator samples above illustrate the beautiful versatility of Platinum and Toast and show how each new color is designed to make itself at home in any home. We're happy to announce that appliances with the elegant look of Platinum and the warm look of Toast are now available to enhance your home. And proud to remind you that the beauty of every Whirlpool appliance goes well below the surface. Down to good, honest quality that promises to give you your money's worth.

Whirlpool
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LONG BEACH:
City Fit For A Queen



The Queen Mary *and the* Spruce Goose *await in Long Beach. Pleasure boats dot the bay at Catalina Island.*

Once the pride of the great British merchant fleet, the *Queen Mary* is now berthed in Long Beach on the Pacific outskirts of Los Angeles. In her heyday, this 81,000-ton luxury liner's passenger list read like a social register. During World War II, denuded of her elegant fittings, she raced across the Atlantic without escort, carrying more than 15,000 troops at one time. She was refurbished for a brief post-war career. Then jets came along, and *Mary* made her last voyage around Cape Horn to California and became a hotel.

A family of four can spend the night aboard for $91 up (kids under 12 free if no extra bedding is required). You can dine in ship restaurants that range from plain to fancy, stroll the decks, tour the bridge and engine rooms, even wander through an underwater gallery past an immense propeller.

Biggest plane afloat

Next to *Mary* under a huge dome sits the *Spruce Goose*, the largest airplane ever built. It resembles a flying ship, with a wingspan more than twice that of a DC-10. Howard Hughes, who conceived and financed the *Goose*, took it up only once—for about a minute—to prove that the monster could fly.

If you stay aboard the *Mary*, you get free tours of both the ship and the plane. If not, you pay $8.75 for combined admission, $5.75 for under 12.

Other Long Beach attractions include harbor cruises of the Port of Long Beach; industrial tours of Rockwell International (where you can inspect a Columbia Space Shuttle mock-up) and McDonnell Douglas; and colorful Queen's Wharf, with its deep-sea fishing excursions (half day $15) and informal seafood restaurant, Pier 55.



For details, contact:

- **Long Beach Convention & Visitors Bureau Council,** 180 E. Ocean Blvd., Suite 150, Long Beach, CA 90802 (ask for the free *Long Beach Visitors Guide*).
- ***Queen Mary,*** Box 8, Long Beach, CA 90802.

SANTA CATALINA:
The Perfect Island

It's less than a two-hour cruise between Santa Catalina and Long Beach (also from San Pedro, along the L.A. harbor, or Newport Beach, farther down the coast). From the ocean fog that's common on summer mornings, the 21-mile-long island emerges like a mirage. Its colors grow more brilliant in the haze till you gaze on a picture-book scene: a bay that resembles a Riviera pleasure port, with a village at its center and framed by green mountains draped in blooms. A beach park stretches before shops and inns on the waterfront. The shallows teem with toddlers challenging the gentle swell. Wharves are crowded with boats.

Avalon, as this port is called, allows only local vehicles (and there aren't many) on its terraced hillside streets. Visitors get around via golf carts ($15 an hour), on foot, or by bike (half-day rentals $10).

Mountains and sea

The island's mountains supply stupendous seascape views and are yet more inviting than Avalon. You can't even drive a cart up there, but several times a day a two-hour tram tour ($5.75, $2.75 for under 12) climbs the 1,500-foot crest. Buffalo, deer, goats, and boar roam the wilds.

There's also a choice of cruises along the island's leeward side: a glass-bottom boat outing for viewing fish that inhabit the clear waters ($3.25, $1.75 for under 12); a coastal cruise to the island's eastern tip, where seals often may be seen ($3, $1.75 for under 12); and, if you spend the night on Santa Catalina, a trip aboard a motor launch with searchlights that reveal schools of flying fish ($4.25, $2 for under 12).

Nice places to stay include the Campo Bravo ($96 for a family of four), Hotel Catalina ($86 for a family cottage), and Scari's Hotel (family suites $85 to $104). For good eating, try Armstrong's Fish Market and Seafood Restaurant, the Channel House, and Solomon's Landing.

All sorts of water craft are available at Joe's Rent-a-Boat on Avalon Pier.

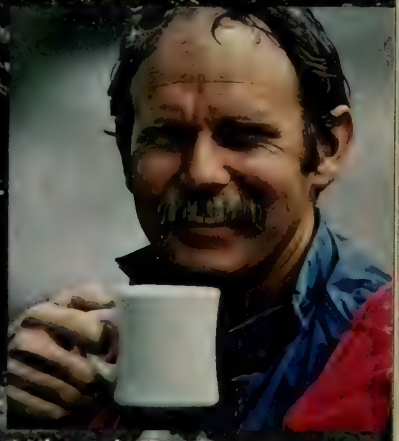
For details, contact:

- **Catalina Cruises,** Box 1948, Catalina Terminal, San Pedro, CA 90733 (service from Long Beach or San Pedro $18.50 round trip, $9.80 for under 12, $1 for 2 and under).
- **Catalina Passenger Service,** Balboa Pavilion, 400 Main St., Balboa, CA 92661 (service from Newport Beach $18 round trip, $9 for 12 and under, $1 for 2 and under).
- **Catalina Visitors Information Center,** Box 1159, Avalon, CA 90704.

continued

Photographs: Left, George S. Bush, right, Mick Roessler

"What other coffee would I choose?"



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Kayak Instructor.

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AROUND PALM SPRINGS: High Adventures In The Desert

The swank winter resort of Palm Springs is in the low desert, where thermometers climb into the three digits during summer. At that time of year, use Palm Springs as a base, sleeping in posh air-conditioned quarters at reduced off-season rates, eating in air-conditioned restaurants, and spending mornings in a refreshing pool. Then head for the higher, much cooler desert.





On an aerial tram, you zip up Mount San Jacinto. High desert ridges backdrop posh Palm Springs resorts.

Monument up north

North of Palm Springs rises the desert shelf of the Little San Bernardino Mountains. A round trip of about 80 miles on State-62 takes you to Joshua Tree National Monument, which encompasses thousands of acres of boulder-strewn high country and Joshua Tree cacti 12 feet tall.

Two roads loop through the monument. Enter from the little town of Joshua Tree or Twenty-nine Palms. The most spectacular time to visit is late afternoon through sunset. You may camp in several canyons.

Mountain to the west

For a drastic change in temperature, ride the aerial tram up 10,804-foot Mount San Jacinto, which towers over Palm Springs (round trip $7.95, $4.95 for under 12). At the top, it's 40 degrees cooler than below.

From the summit ranger station, trails fan out into the woods, including a short nature walk. To use the trails, get a permit from the rangers. A 12-mile round-trip hike with an easy climb takes you to San Jacinto's highest tip. For a sunset desert view, eat on the tram station terrace ($11.95 for dinner and ride, $8.95 for under 12).

You have your pick of luxurious hotels and motels, all with pools and summer prices that run $25 to $50 per night for a family. Even at prestigious establishments, you can get by for $60 to $70.

Palm Springs is about 100 miles southeast of Los Angeles on I-10.

For details, contact:

- **Palm Springs Visitors Bureau,** 255 N. El Cielo Rd., Suite 315, Palm Springs, CA 92262.

TO SAN DIEGO: A Garden Of Eden

The base of this triangle tour runs through rural mountain country. From Palm Springs, you follow State-74 south from Palm Desert. The highway hairpins 4,000 feet up from the desert floor. Within a half-hour, you've entered a world of mountain lakes and serene forests.

Cozy Idyllwild

There's a rustic, informal vacation village called Idyllwild about 35 miles from where you start up the mountains. Horseback riding, hiking, and fishing are prime pastimes here.

Family rates at lodges and cabin-type motels run $30 to $60. Among the best are Idyllwild Inn, Fern Inn, and Fern Village Chalets. There's camping in San Bernardino National Forest and state and county parks.

Ups and downs

Backtrack from Idyllwild on State-74 to State-371 and turn west. For the next 75 miles, you wind through mountain country (State-371 to -79 south to -76 north), reaching a road that climbs 5,665-foot Mount Palomar, site of the famous observatory. You can camp in Palomar State Park or Cleveland National Forest.

The continuation of your trip is no less captivating. From Palomar, you descend on State-6 and -76 through Pauma Valley. Hills are covered with orange groves, bougainvillea, and other tropical plants. State-76 takes you to I-15, for a 20-mile drive to Escondido. There, on the outskirts, is the San Diego Wild Animal Park, wilderness preserve of the San Diego Zoo.

Your $9.70 ticket ($6.20 for under 15, 2 and under free) provides entry to educational animal shows and allows you to ride the monorail through the park's backcountry, where African and Asian beasts from kudus to rhinos live almost as they do in the wilds. Since most of these creatures snooze at the height of the day, the best tours are in the early morning or late afternoon.

From the park, it's 30 miles to San Diego on I-15.

For details, contact:

- **Idyllwild County Park Visitor Center,** Box 341, Idyllwild, CA 92349 (send a self-addressed, stamped envelope).
- **San Diego Wild Animal Park,** 15500 San Pasqual Valley Rd., Escondido, CA 92027.
- **San Diego Convention & Visitors Bureau,** 1200 Third Ave., Suite 824, San Diego, CA 92101 (details about attractions and lodgings south of Idyllwild).

continued

Photographs: Left, C. Aurness/West Light; right, C. O'Rear/West Light

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10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report March 1984.

SAN DIEGO:
Jewel Of The Southland



Exotic creatures roam the San Diego Wild Animal Park. Sunset lends the San Diego skyline a special glow.

Most residents and visitors alike insist that San Diego is California's finest city. They may well be right. Though the fastest growing, it retains the atmosphere of a much smaller town. And while San Diegans obviously work for a living, you get the feeling that every day is a holiday. The brilliant weather and lay of the land have a lot to do with that. The town hugs the sea, curving around bays and embracing numerous islands. There's sunshine and sea everywhere.



Tourist stops

But as big as San Diego has grown, it's easy to negotiate. One look at the map and you can find your way to wherever you're heading. For visitors, that's Balboa Park, where the zoo and major museums are; the downtown waterfront, with its ships and the Maritime Museum; Old Town San Diego State Historic Park, which re-creates the city's early days; Harbor and Shelter Islands, with their yacht harbors and avenues of hotels and restaurants; Point Loma, with Cabrillo National Monument; Mission Bay, with sheltered sail-flecked waters that are the city's aquatic playground; and Sea World, a leading local attraction.

Sea World alone is worth the trip to San Diego. Between the rides and whale and dolphin shows, a multitude of scientific exhibits are presented in ways that thoroughly involve you. There's a shark aquarium, an entertaining sea otter playground, and a tidal pool where kids can handle starfish and other creatures of the shallows.

But what's unique is the penguin habitat. This slice of Antarctica is environmentally so accurate that the penguins waddle around on ice and snow in illumination appropriate for the time of year. You can observe penguins under water in their true element, too. They swim with incredible grace at unbelievable speeds, especially at feeding time. Sea World admissions run $11.50, $8.50 for under 12, under 3 free.

The San Diego Zoo is the other must attraction. Its more than 3,200 animals are kept mostly in natural settings separated from people walkways by moats. Baby animals abound in the enclosures within the preserve's 100 acres, including koalas, pygmy chimps, and new gnus (all-inclusive ticket $10.20, $5.75 for under 16, 3 and under free).

The waterfront

On the Embarcadero, downtown's waterfront, don't miss the Maritime Museum, where the full-rigged 1863 *Star of India* may be explored from stem to stern ($3.50, $1 for under 13, family tickets $7).

Harbor cruises leave from piers next to the museum. Take the two-hour trip, which winds around the whole bay and often passes aircraft carriers and other big Navy ships (several cruises daily; one hour $4.50, two hours $7, ages 3 to 11 half price).

Among choice lodgings are the Dana Inn and Catamaran Hotel on Mission Bay; the Pacific Shores Inn and Blue Sea Lodge on Pacific Beach; the Half Moon Inn on Shelter Island; and the Sheraton Harbor Island on Harbor Island. Less costly lodgings may be found in Mission Valley, off I-8 east of Balboa Park. Rates for families there generally run $35 to $55.

San Diego has many fine restaurants in all price ranges. But keep in mind The Boll Weevil, a local chain that serves the juiciest, build-yourself hamburgers anywhere.

Trail of the padres

When Spain conquered California in the 18th century, Spanish padres followed the soldiery up the coast, establishing church settlements to convert the Indians. Two of these missions are easily reached on short detours from I-95 when traveling between San Diego and Los Angeles.

Heading north from San Diego, the first mission you come to is San Luis Rey, near the city of Oceanside. This large, walled-in compound, founded in 1798, still serves as a parish church and center for religious retreats.

The other is the Mission of San Juan Capistrano, California's oldest edifice, famed for its swallows and white pigeons. Capistrano, south of Laguna near Dana Point, is beautifully preserved. The blooms and foliage that flood the tranquil mission garden counterpoint the somber mood of ancient masonry.

Driving distance between San Diego and Los Angeles is about 130 miles.

For details, contact:

- **San Diego Convention & Visitors Bureau,** 1200 Third Ave., Suite 824, San Diego, CA 92101.
- **Sea World,** 1720 South Shores Rd., Mission Bay, San Diego, CA 92109.
- **San Diego Zoo,** Box 551, San Diego, CA 92112.
- **Oceanside Chamber of Commerce,** Box 1578, Oceanside, CA 92054.

Photographs: Left, San Diego Wild Animal Park, right, Mick Roessler

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report March 1984.



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Until now, when your iron was left on, it not only stayed on, but it also stayed on your mind. Now all that's changed.

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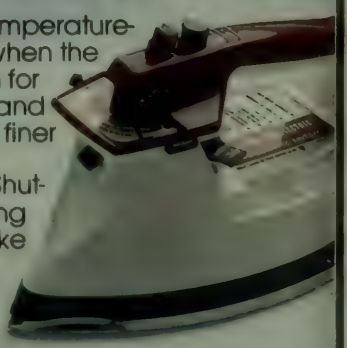
Since it has a micro chip brain, this new General Electric Light 'n Easy® iron beeps when it's left on. Then it actually turns itself off—in case you forget.

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The new GE Automatic Shut-Off™ iron also lets you know—with temperature-ready lights and beeps—when the temperature is hot enough for fabrics like cotton or wool and cool enough not to scorch finer fabrics like silk.

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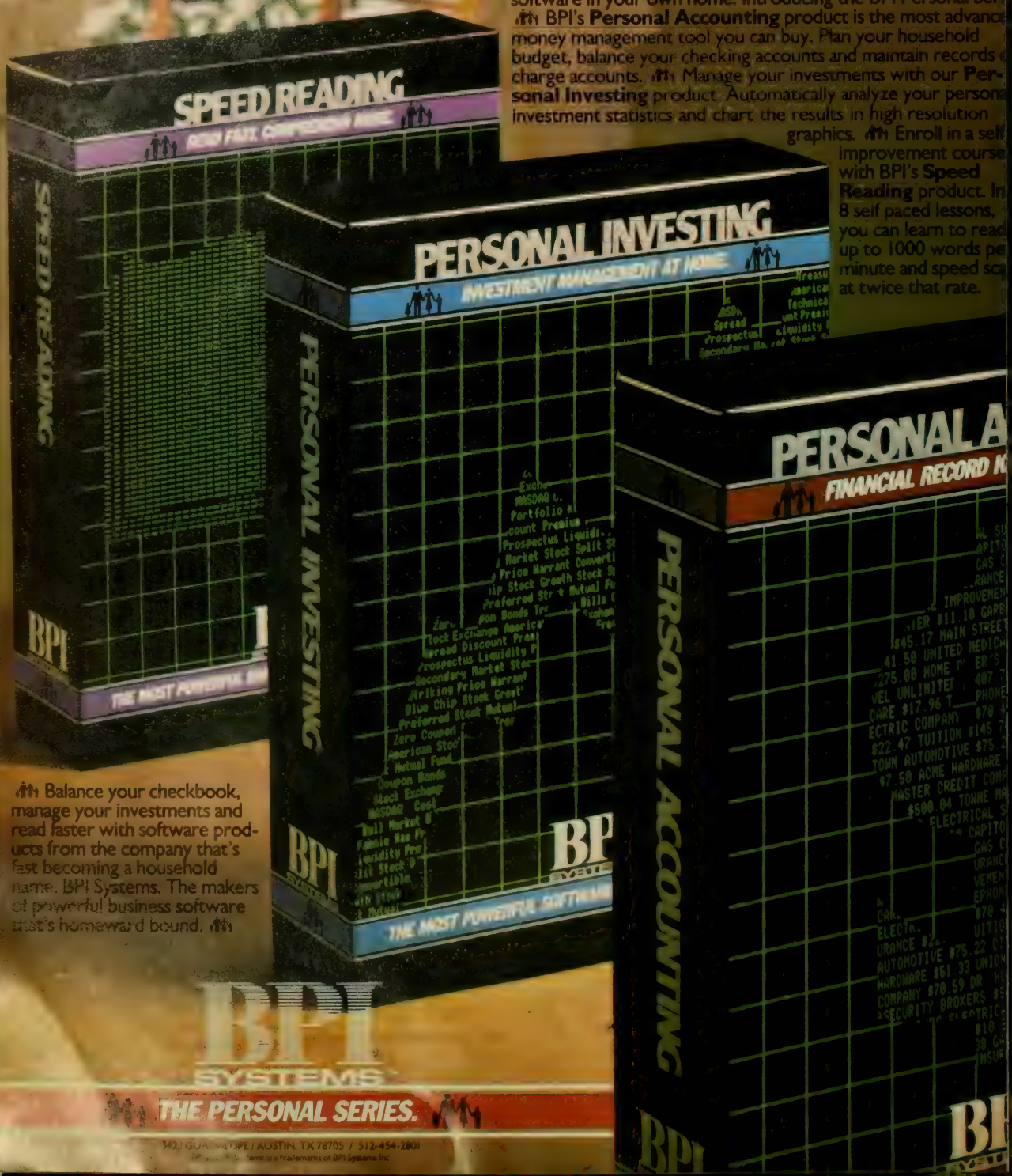
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Children Must Compute

If you're concerned that your child may become the subject of "Why Johnny Can't Compute," a potentially best-selling book and software package of the 1990s, you're not alone. For many parents, the mere mention of computers induces a cold sweat the likes of which haven't been seen since the heyday of the dreaded "new math." Nevertheless, with computers all around us, the decision whether to buy a home computer — and even more vexing — which one to buy — has become the overriding topic of conversation at countless PTA meetings, coffee klatches, cocktail parties and dinner tables across the nation.

Most parents feel they need to do *something.* A continual stream of advertising reminds us that if our children can't compute they will be left behind in the business world they will be entering in a few short years.

Stunned by this continuing barrage of computer advertising that often sounds more like a supermarket produce counter — Apples, Peaches, Peanuts, Macintosh — parents find themselves pressed between computer phobia and the natural desire to see their children excel. And it's not only the media that have infused the nation with computer guilt — peer pressure for adults and children is building to a crescendo. Price wars among home computer makers propelled the products into some four million homes last year, making it a rarity in 1984 to find parents who, if they do not have a home or personal computer in their own home, do not have neighbors who do. Even rarer is the school child who has not been exposed to computers at a very tender age. It's the latter phenomenon, the growing computer literacy of the younger generation that is troublesome to many parents who are afraid they won't be able to help their children learn.



Banishing Computer Phobia

It can be extremely helpful to remember a few very basic points when the topic of computers for home, school and education comes up. Computers can't magically transform D students into A students at the touch of a keyboard. The computer is merely another machine — although an immensely powerful one — that can essentially do nothing more than answer "Yes" or "No" to a series of questions. Its "miracle" is that it can conquer time and space. A computer can store vast amounts of information in a very small space and recall that information at the touch of a button. The computer is quite simply the most useful and productive tool that man has ever devised.

But it is just that — a tool — and it's good for parents suffering from computer phobia to remember that. The computer is neither encyclopedia, textbook, sliderule nor calculator, although it combines many of the benefits of these venerable learning aids. Once we recognize this we can begin asking the right questions that will lead to an informed purchase of a home computer and software.

Asking the Right Questions

So the logical first question is not "Which computer should I buy?" but rather "What do I want to accomplish and is a home computer the right tool that will help me accomplish it?" When you get the answer to the latter (e.g. achieve computer literacy, perform word processing, help the children with schoolwork, manage the household), then you're ready to ask the next question, "Which software will help me accomplish that task?" (Software is the program or routine that controls the operation of the computer in solving a particular problem.) Then, and only then, is it time to ask which type and brand computer to buy. The answer will be much easier coming too, because it will quite naturally be the computer (in your price range) that can operate the software that will accomplish the job.



For home use, computers, at prices ranging from under $100 up to several thousands of dollars, are multi-talented. They can provide sophisticated game-play on the video screen and store information useful for household management, including budgets, recipes, and kitchen inventories. The computer can also operate programs to organize and complete tax returns, or, through the use of a modem (a machine that connects one computer terminal to another using telephone lines), provide instant access to remote data sources like news and financial services.

Most of these applications for computers have thus far been unused in the home and the personal computer has remained, until recently, the province of small businesses or professionals who work out of their homes. Game-play has been the primary motivation for many low-price computer purchases in the past year, but when the games cachet wears off, many computers languish on closet shelves. Now, education is expected to be the next major impetus for home computer purchases.

Familiar Brand Names

You'll find some familiar and other not-so-familiar brand names when you go out to look for computer hardware and software. Atari, the California company which launched the video game craze in the late 1970s, is trying to make the transition to home computer company with a variety of hardware and software across a wide range of prices. Coleco is trying to transform itself from a toy and swimming pool supplier into a high-tech company with its "Adam" computer system that typically sells for about $700. IBM, the giant of the traditional business computer market, is venturing into the home and school market with its "PCjr" model that starts at $669 for a beginner's unit.

Commodore has thus far been the most successful selling computers into the home, primarily by undercutting every other supplier's prices. Commodore has hardware and software



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So if you're looking for computer games that you'll like as much as your kids will, look for Spinnaker **Early Learning Games** (ages 3–8) and **Learning Discovery Games** (ages 6–12) at your local retailer.

Spinnaker. We're giving computer games a good name.



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to fit virtually any pocketbook. Another well-known name in the home computer marketplace is Radio Shack, which supplies a wide variety of hardware, software and peripherals in its thousands of stores nationwide.

A new entrant in this country is Acorn Computer, which is the biggest seller in Great Britain. Acorn is making a run at both the school and home markets with its "BBC" computers.

Several other familiar companies have exited the home computer market in recent months including Texas Instruments and Timex. You may still see some of their products at retail stores at closeout prices, but be sure to ask about software and service support.

You'll find software in a myriad of unfamiliar brands as well as some that will have a heard-before ring including those of many book publishers like Reader's Digest, which has a series of "Little People's Puzzles."

If you have a genuine desire to get into home computing, you should be prepared to shell out several hundred dollars in the first six months or so — no matter what system you go with. And "system" is the operative word in home computing as shoppers soon find out. Systems consist of the central processing unit (CPU), typewriter-style keyboard, memory storage device and often other "peripherals." You can view the purchase much like you would that of an automobile, with peripherals (including printers and modems) like options. The advantage here, though, is that you can add some of these options at a later date.

Parents who use personal computers at the office might want to explore the potential for compatibility of a home model with their work station if they are inclined to bring work home.

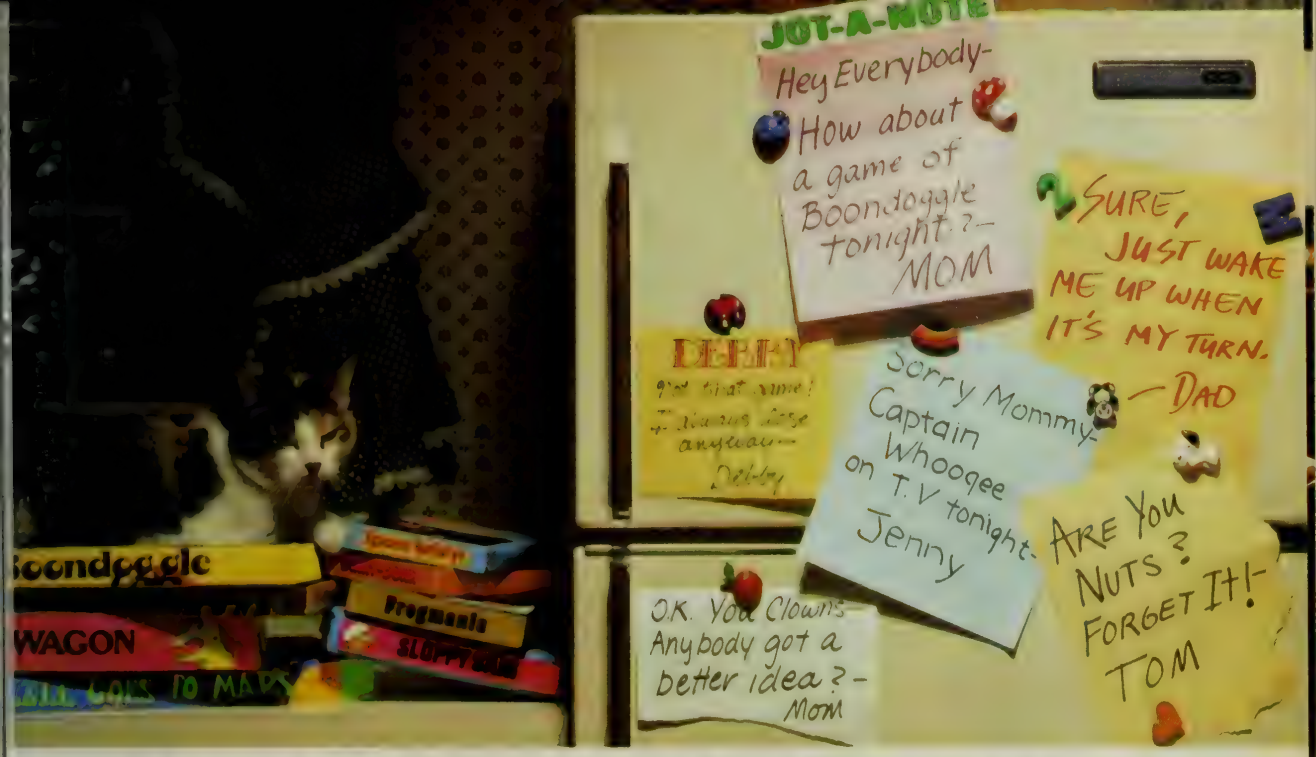
ROMS, Floppies and Cassettes

Educational programs, like other forms of computer software, are available on floppy disks, cartridges or cassettes. Each has its advantages. Cassette programs, which look like the familiar music cassettes, are inexpensive but are slow and have limited memory capacity. ROM (read-only-memory) cartridges are also inexpensive, durable and easy to use. Young children are less likely to damage a cartridge than they are a disk. Floppy disks (they are made of flexible plastics and thus "floppy" as opposed to "hard disks" made of aluminum) can store more information than cartridges. This allows them to be packed with more computer codes to make the most of a particular machine's sound and graphics capabilities.



Where To Buy

Because it is relatively inexpensive, in many instances ranging in price from $29.95 to $59.95, home educational software is often sold by department stores and mass merchants. However, software-only stores and computer specialty stores, which often cater primarily to the small-business user, generally include educational programs if the retailers also serve the home market. Bookstores are also becoming an increasingly important distribution point for educational programs, particularly as the more traditional book publishers foray more deeply into the computer software field. In any one of these types of retail outlets you can look for familiar and trusted names of publishers with whom you or a friend have had a good experience, much the way you would with selecting children's books. You know the type book a Dr. Seuss or Golden Book or Reader's Digest is going to be no matter what its subject matter



If getting the whole family together is a real challenge, maybe you need games that really challenge the whole family.

Introducing a new generation of computer games. Family Learning Games from Spinnaker.

Ever notice how a little fun with the family can be a little hard to arrange?

Well, now there's a solution – Spinnaker's Family Learning Games. A whole family of great games that make getting the family together seem like child's play. And make "family fun" really seem like fun again. What's more, they'll even help your kids develop some very important skills.

What makes our Family Learning Games so special? Well, for one thing they're designed to challenge and excite everyone in the family, from grade schoolers to grownups. Their unique combination of chance and strategy makes them perfect for young players, yet challenging enough that everyone will want to play them again and again.

But what makes our Family Learning Games even more unique is how they help kids learn – about problem solving, strategizing, spelling, even Greek mythology. That's quite a bit more than they'd learn from a typical board game (if you could even get them to play a typical board game).

So next time you want to get everybody together, don't get discouraged – get Spinnaker's Family Learning Games.

You'll find the biggest challenge in family fun won't be on the refrigerator. It'll be on the computer.

Spinnaker games are available for ColecoVision® and for Coleco Adam,™ Commodore 64™ and Atari® home computers.



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AEGEAN VOYAGE.™
Where do monsters lurk? And which islands have treasures to behold? Heed the oracle's words, for only his clues can lead you to riches and a safe return. **Ages 8 - Adult.**



ADVENTURE CREATOR.™
Design a challenging adventure game that everyone can play – or let the computer design one for you. It's exciting, creative – and utterly addictive! **Ages 12 - Adult.**



UP FOR GRABS.™
It's a wildly exciting crossword game where everyone has to think fast. More words will help you win – but don't get caught with leftover letters! **Ages 8 - Adult.**

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We make learning fun.

Cartridges for: ColecoVision, Coleco Adam, Atari and Commodore 64.

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You'll find the same thing is beginning to hold true with educational software. The better publishers also take pains to assure that the documentation (user's manual) that accompanies their programs is complete and easy to understand. Often workbooks and other printed materials are part of the software package.

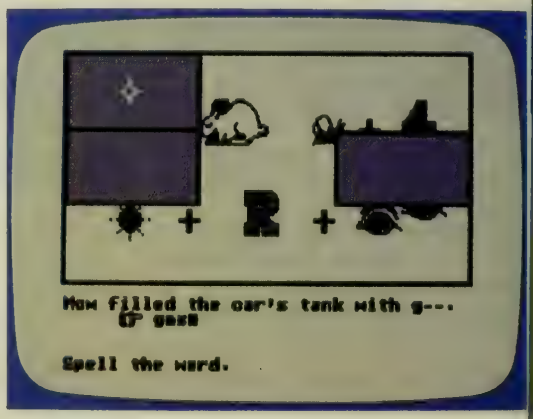
Learning With (and Without) Computers

Education, for most people, means a teacher in front of a classroom, imparting knowledge with the help of textbooks. That's part of it of course, but education is an ongoing process that encompasses a broad reach of disciplines and defies rigid definition. All learning can nevertheless be divided into three areas — cognitive, psychomotor and affective. "Cognitive" involves thinking and problem solving — mathematics and the sciences come to mind — but spelling, speaking a foreign language or letter writing are also cognitive skills. "Psychomotor" development involves physical activities, while "affective" learning deals with emotional growth and the development of interpersonal skills.

To a certain extent these three areas overlap, and to a certain extent computers can address each one. But, not surprisingly, computers are better at teaching some subjects than others. Often these are areas in which what is to be learned is easily identified and concrete. Computers aren't suited to ambiguity. Being creatures of mathematics at heart, they excel at activities where answers are either right or wrong, yes or no, black or white. Mathematics and spelling fit the bill. Art, philosophy and in some cases, history, don't fare as well with computers — either in the home, the school or the workplace.

In the home, computers can set young children on the road to education through the use of "edutainment" oriented programs that offer practice in basic learning skills while achieving familiarity with the computer.

There is also a growing body of "courseware" programs designed to further a student's knowledge of a specific subject such as geometry, physics, geography or mathematics. There are programs designed specifically to prepare students for SATs and other standardized tests.



Finally, there are programs that have broadly defined educational value, those aimed at adult education, information gathering, or at skills more appropriate for the entire family. These include tax preparation, household budgeting, lessons in bridge, racetrack handicapping and other like pastimes. There is even an exercise program by Spinnaker Software that can give the whole family a strenuous workout.

For parents who want to have some fun and learn about computing, there's a program called "Knoware," from the company of the same name. In the game a user follows a career path from mail clerk to chairman of the board in a large corporation, while learning various computer applications along the way.





You bought a computer to cultivate your kids' minds. Make sure it's bearing fruit, not growing vegetables.

Introducing a whole crop of Learning Adventure games from Spinnaker.

When it comes to cultivating adventurous young minds, the computer's potential is endless.

Unfortunately, the search for software that makes the most of that potential has been endless, too.

That is, until Spinnaker created the Learning Adventure Series. A unique collection of games that reward curiosity with hours of adventure and learning. So the time kids spend with our games will help them develop valuable skills. Instead of just tired thumbs.

But what really makes our Learning Adventure games unique—educational value aside—is how much fun they are. Which isn't too surprising when you consider you can do things like bargain with aliens, search a haunted house, or build your own railroad empire.

In fact, our games are so much fun, kids will really enjoy developing some very important skills. Deductive reasoning, note taking, and problem solving, for instance.

So, if you're in the market for software that will truly cultivate young minds, pick the Spinnaker Learning Adventure Series.

It's the best way to be sure your search will be fruitful.

Spinnaker Learning Adventure games are available for Apple,® Atari,® IBM® and Commodore 64™ home computers.



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You're in charge of an old-time railroad—and whether it turns into a bonanza or a bust depends on how well you run it. But either way you'll find that working on this railroad is a challenge—and a lot of fun! **Ages 10-Adult.**



It's New! ADVENTURE CREATOR.™

Design a challenging adventure game that you or a friend can tackle—or let the computer design one for you. It's complex, exciting—utterly addictive! **Ages 12-Adult.**



IN SEARCH OF THE MOST AMAZING THING.™

It isn't easy to find—even in your B-liner. But you'll have help from your Uncle Smoke Bailey as you search the universe to find the Most Amazing Thing. **Ages 10-Adult.**

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Disks for: Apple, Atari, IBM, and Commodore 64.
Cartridges for: Atari and Commodore 64 – (ADVENTURE CREATOR only)

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The Computer's Dual Role

Computer education falls into two distinct categories — learning about computers themselves and using the computer to help in more traditional learning endeavors (computer-aided education or CAI). The former includes learning how computers operate, how to program and how to write software for the computer. Computer literacy should be an integral part of the child's education in the late 20th century. Today's youth will be interacting with computers all their lives, much more than any generation before them. But not all children will want to be computer programmers any more than all would want to become mechanics or doctors or any other profession. So don't be concerned if your child doesn't want to become a computer wizard.

But as an educational tool, the computer is perhaps the greatest advance since the printed word. The computer can be an infinitely patient and tenacious tutor, but it needs to be focused toward a particular educational objective.

"Edutainment"

Games were the first and easiest programs produced for home computers; in fact the near ubiquitous video game machines are very rudimentary computers that can merely perform one task — play games. Now the trend is toward more useful software, which is a reaction to the growing weariness with games. "Our focus is the home, and we're hearing a lot of the home computer owners out there wishing they could use the machine for more than just playing games," says one software publisher. The industry's answer has often been to combine the playfulness of games with teaching. "Our work has always indicated there's a coexistence for both," says industry analyst Raymond Boggs, of Venture Development in Wellesley, MA. "Home education is more productive, although everybody likes to play games."



That simple fact of life has given rise to a new kind of software — one that is being called "edutainment" by many for want of a better term. While that term might sound vaguely conflicting, it's another fact of life that any learning done in the home has to be more entertaining than that done in a classroom, especially if the learner is in elementary school. As one software developer who is also a mother notes, the computer in her home has to compete with bicycles, television and other activities. If the educational programs the computer runs are to command attention they've got to be fun.

Atari, the California company that started the video-game craze in the mid 1970s, has in recent years (as shoot-em-down video games sales have waned) launched programs to educate young children by using the basic Atari 2600 video game. The company developed a series of programs in collaboration with The Children's Television Workshop in New York. They're the folks who bring you Sesame Street and other educational TV programs for the young. The Atari games are designed to help children ages three to seven practice letter and number recognition. The games feature familiar characters from the television shows including Cookie Monster and Big Bird. Nevertheless, the spotlight is now on the computer. In the last two years educational software for home computers has risen from a mere five percent to some 20 percent of all home computer programs sold.

What's fun to do and teaches, too?



That's an easy one: HesWare™ educational software.

The children with the most answers in school are usually the children who enjoy learning. HesWare helps develop your child's interest in learning by making it fun. And along the way, develop familiarity and proficiency with computers—a skill that is becoming more and more essential to success.

HesWare educational software combines enjoyment with a creative learning experience. Unlike video games, HesWare educational programs involve your child—and that keeps their interest. Whether it's creating colorful and artistic pictures with Turtle Graphics, making up funny faces with Facemaker,™ or helping America's favorite canine, Benji, save kidnapped scientists (and learn about the solar system in the process,) or any of the programs in our education library, HesWare gives your children a positive attitude toward learning and technology.

It's not expensive to give your child a headstart on the future. HesWare programs are available for most popular home computers, including the Commodore VIC 20,™ Commodore 64,™ Atari,® and IBM.®

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A Head Start That Works

Can this type of instruction using computers advance learning for preschool youngsters, or are these little more than expensive "electronic flashcards" as some critics have suggested? Some studies are beginning to appear that underscore the advantages of using computers in educating very young children. Last summer, for example, in an experiment conducted by Program Design, a Connecticut-based educational software publisher, preschoolers aged three and four, who used computers, had significantly better test results than those who had not used the machines. The boys and girls, all non-reading preschoolers, were tested for their abilities and skills in reading readiness. That data is music to the ears of educational software publishers who view the future of their industry and the future of the computer in the home as based strongly on the education of very young children.

Drill, Practice, What If?

The approach to learning with computers differs from program to program. Programs emphasizing drill and practice can help teach facts. By repeating and slowly introducing new information, the child slowly absorbs what is being taught. But the computer, with its sounds and colorful graphics, can make this rote approach to learning a lot more fun than it used to be in the days of manual flash cards and times tables. And as the programs test the children on what they've learned, the computer can offer encouragement, help, and when the kids get it right, approval.





Role-playing games can help teach problem solving, as children learn how to plan, and the interrelation of causes and effects. These games can range from simple, sequential tasks such as getting a frog from one end of a pond to the other via a succession of lily pads, or they can be more complicated. One program puts the child in the role of a dinosaur who must traverse different kinds of terrain, find water and food and pay attention to a host of other factors, such as ambient temperature, which influence its activity. Other programs are even more focused on developing problem-solving skills. They can help teach logical, orderly approaches to finding solutions. And the interactive capabilities of the computers allow and even encourage children to play "what if." This brings the child's creativity into play. And, while creativity cannot be taught, it can be encouraged.

Some of the computer programs you will find bear a remarkable resemblance to more traditional and familiar games. "Facemaker" for instance, from Spinnaker Software, reminds one of an electronic "Mr. Potato Head," but with the added attraction of animation. "Spellicopter," from Designware, combines spelling instruction with an action-oriented video game in which the child has to rescue stranded letters and form them into words.

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Little People's Puzzles, Alphabet Beasts and Company, and Micro Habitats are available for Apple® II, II Plus, IIe: 48K and disk drive, and Commodore™ 64 Machine and disk drive. Color monitor is required for Little People's Puzzles, preferred for Alphabet Beasts and Company. Color monitor and joystick preferred for Micro Habitats. Alphabet Beasts and Company, and Micro Habitats available for IBM® PC and PCjr in spring, 1984. Warranty information available upon request by writing to: Reader's Digest Services, Inc., Microcomputer Software Division, Pleasantville, New York 10570.

READER'S DIGEST

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"Essentially there's a continuum from the entertainment side of the business to the software that we specialize in," says one publisher of educational programs.

That continuum illustrates the transformation of computer games into learning tools which are also fun and entertaining. It also traces the growth of the software's users. That is, as students grow older and presumably more serious about their work, the need to make learning entertaining diminishes. Eventually the educational software they'll buy will have little or no resemblance to the edutainment packages popular with preschoolers, or elementary and junior high school students.

Although courseware and college prep programs are still a minority in the educational computer market, they can be important ways to learn certain subjects and brush up on certain skills. Parents and students can look at "courseware" as a way either to catch up or get ahead in a specific subject area.

"But it's very tough to sell education to kids from the ages of 12 to 17," notes one publisher. "At about the time they reach 17, they start to think 'Gee, I just spent four years in high school and I'd better do something — maybe go to college.' That's when they begin to look at programs like the SAT software. I taught high school for six years and the only thing that really motivated them to work outside school is SAT preparation. Period. For the parent whose child is having trouble in geometry, in the past the route was to get a tutor. Now you can get a geometry program for $30, not a tutor for $30 an hour."

These educational programs are as a rule more sophisticated than the edutainment programs popular with younger students. Hence, they often operate best on more sophisticated machines such as the Apple and IBM, rather than the lower-priced, widely distributed models. Floppy disks are the preferred medium for this software since they can hold more information than cartridges.

As with edutainment packages, these programs fall into the categories of drill and practice, tutorials and role playing. Tutorials ask "how to" and role playing programs ask "what if." Drill and practice programs reinforce knowledge the user already has through repetition.

Drills and practice programs take advantage of the computer's ability to be an infinitely patient teacher, providing feedback without the emotional responses which might make sensitive students reluctant or embarrassed for fear of making a mistake.

Tutorial programs frequently test students, reinforcing what has been learned and discovering which areas of knowledge need more work. Role playing or simulation programs take advantage of the computer's vast capacity for interaction by allowing, even encouraging, the user to manipulate certain information, thus illustrating cause and effect.



The Classroom Connection

Computer literacy has become the educational battle cry of the '80s as politicians and educators consider making it a condition for graduating from high schools. Many educational packages have turned the home computer in on itself. They are devoted to computer education and programming as well as training to use complicated and sophisticated word processing, data base management and other software packages.

More than 55,000 public schools in the country are now using microcomputers according to a survey conducted by the Quality Educational Data Company of Denver, CO. Apple computers are by far the preferred brand in these public

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Speedy Spides runs on Apple®II, II Plus, IIe: 48K and disk drive and Commodore 64™ and disk drive. Use of paddles optional.

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schools with over a 50 percent representation according to QED's figures. The Radio Shack models are the second most popular with 21 percent market penetration while Commodore units are found in 13 percent of those public schools that have microcomputers.

The incidence of usage of computers in the classroom has risen dramatically in just the past three years, so there is little doubt that virtually all schools will have computer-related instruction within the next several years. Just two years ago the number of schools using microcomputers was less than 15,000 according to QED's data.

Personal computer manufacturers are taking great pains to see that their products are found in secondary schools as well as colleges and universities around the country. Before the advent of the personal computer only the richest school systems had some sort of computer available, and that was generally accessible to only a small handful of students. But personal computer manufacturers seem sensitive to the notion that unless computing is made available to all students, the division between those who attend richer schools and those whose schools have fewer financial resources will grow.

Commodore Business Machines, for instance, plans to donate over $1 million worth of equipment to schools this year. Schools in New York, Texas, California and Pennsylvania have already received equipment under the CREWS (Commodore Resources in Education with States) program. Other states have also contacted Commodore about the program, according to the company.



And when Apple introduced its new Macintosh personal computer in January, it also announced the Apple University Consortium (AUC) program. By the end of the year, at least 50,000 Macintoshes will be placed on college campuses around the country, Apple estimates.

Under the program, the universities will each buy $2 million worth of Apple products over a three-year period. Each school is expected to develop courseware on Apple products and to exchange individual programs and information with each other.

"The purpose of the program is to get our computers in the hands of thousands of students, with the goal of improving student achievement at these universities," says Steven Jobs, Apple's chairman of the board. "The program will also help Apple discover new applications for its products."

Because the computers being used in high schools and colleges are the same as the ones available for use in the home, students don't have to stop learning about or with computers once class is dismissed. But don't worry if you have one brand or model and the school has another; programs are usually available in a form compatible with most popular home computers. And if a given title isn't available for your machine, a similar program is.

Take a Computer to Camp

Baseball and boating have to share the summer sun with bits, bytes, RAMs and ROMs these days as computer-oriented camps increase in popularity. There are now more than 100 day and resident summer computer camps according to the American Camping Association. Several computer and software companies provide guides to the computer camps — some are free, some have a nominal charge — with detailed information about what each location offers.

Armand Ball, executive director of the American Camping Association, recommends that individuals first determine their own (or their child's) level of computer expertise and then use one of the directories to identify the camps

Continued on page C34

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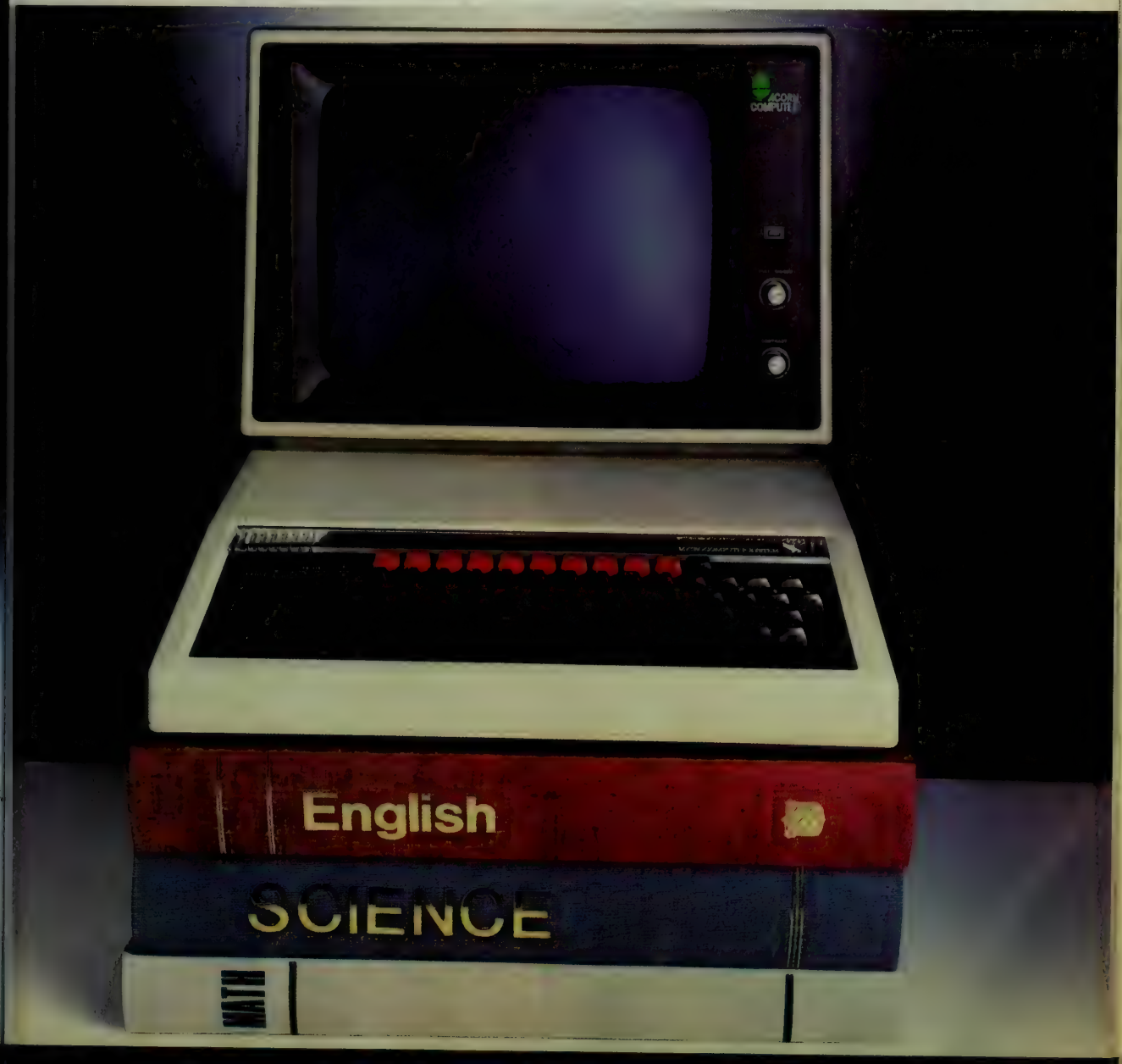
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For more information, write Acorn Computers Corporation, 400 Unicorn Park Drive. Woburn, Massachusetts 01801, or call toll-free 1-800-225-8001.

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Computer hardware (the machines rather than the programs) can be found in a wide variety of configurations and price ranges for the home. Here are several currently popular models and their approximate retail prices. Please remember, however, that prices vary by region and type of store and change frequently due to competitive factors. These, then, are only representative amounts. You may find the machines at your stores at higher, or lower, prices.

Apple IIe (keyboard and CPU)	$1,295
Apple IIe Starter Kit (CPU & keyboard, monochrome monitor, single disk drive and 80 column card)	$1,395
Dual disk drive	$795
Atari 600 XL (CPU and keyboard, 16K)	$249
Atari 800 XL (CPU and keyboard, 64K)	$399
IBM PCjr, entry model	$669
IBM PCjr, enhanced model	$1,269
IBM PC Compact Printer (thermal)	$175
PCjr joystick	$40
Carrying case	$60
Diskette drive	$480
Memory and display expansion (doubles display and memory, adds 64K memory and 80 column display to entry model)	$140
Radio Shack TRS 80 Color Computer II	$159.95
64K Color Computer II with extended basic	$259.95
16K Color Computer II	$199.95
Color Computer Color Mouse	$49.95
Color Computer Joystick	$24.95 a pair
Deluxe joystick	$39.95 each
Color Computer II Disk Kit (to add one drive)	$399.95
Color Disk 1, 2 or 3 (to add a second, third or fourth drive)	$279.95
Color Disk 0 Kit (for original color computer no longer made)	$399.95
Commodore Vic-20 (keyboard with 5K)	$84.95
Commodore 64 (64K)	$199.95
Commodore Disk Drive	$275
Cassette player	$64.95
Vic Modem	$59.95
Coleco "Adam" (includes 80K, tape drive and daisy wheel printer)	$650

See Jane.
See Jane compute.



These days, kids like Jane are running computers. And with CBS Software, they could be running smart.

See our authorities.

You see, CBS Software can help inspire kids to be their very best.

We do that by putting the very best thinking into our programs. Many are created by people like the Children's Television Workshop, originators of *Sesame Street*, *The Electric Company* and *3-2-1 Contact*.

That means kids will experience much more than just the fun of working with a computer. With programs like ERNIE'S MAGIC SHAPES™† and BIG BIRD'S SPECIAL DELIVERY,™† they'll also classify and sort shapes, colors and pictures.



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Of course, you like what goes *into* the programs. But kids like what goes *onto* the screens. So programs like



DUCKS AHOY!™ and SEA HORSE HIDE 'N SEEK™ captivate children with colorful graphics and lively tunes.

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You'll like what CBS Software can bring out in your children. PEANUT BUTTER PANIC,™† also from CTW, brings out the fun of cooperating. MATH MILEAGE™ brings out an understanding of math concepts. And WEBSTER: THE WORD GAME™ brings out spelling skills.

All of which should bring out a big smile on your face.



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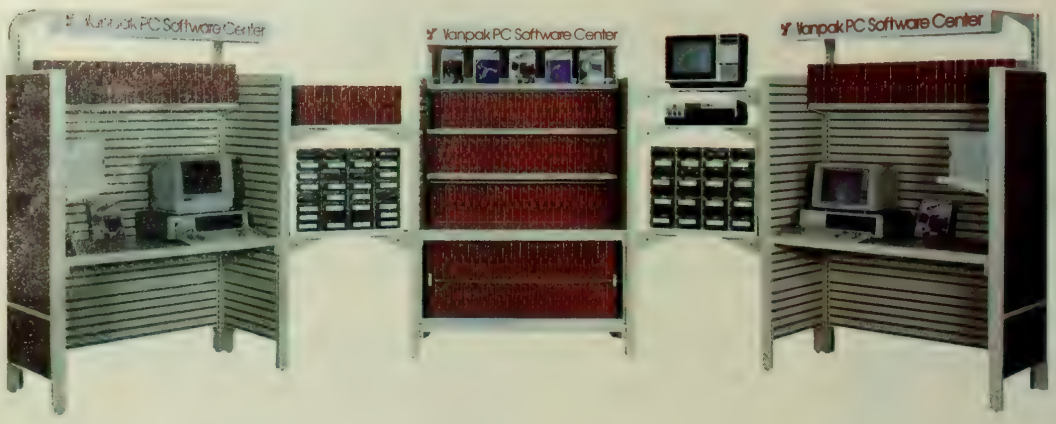
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*In Canada, contact Holt, Rinehart and Winston at (416) 255-4491.

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206 South Fifth Avenue
Ann Arbor, MI 48104

Red River Computers
4325 - 13th Avenue South
Fargo, ND 58103

Modular Data Systems, Inc.
184 Jones Road
Falmouth, MA 02540

Softgraf, USA
291 S. Van Dorn
Alexandria, VA 22304

CESA of America, Inc.
1000 S. Highway 73
Kresson, NJ 08043

Video Tech Software
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East Lansing, MI 48823

Total Services
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Southgate, MI 48195

Apex Information Systems
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[illegible], CA 94109

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[illegible] Rich Drive
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Chatsworth, CA 91311

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Programs for the bored of education.



A guide to educational software.

Ever since Albert Einstein dropped out of high school, parents have been relieved to know that education doesn't end in the classroom.

But with the arrival of the much-heralded Computer Age, parents have been reminded that it doesn't begin there, either.

So there has been a great rush to acquire personal computers for the home. Which is a step in the right direction.

But only a step.

Because a computer is only as good as the software you put in it. Whether you're studying the three R's or analyzing Riemannian geometry. Learning the Theory of Relativity or learning to spell "Einstein."

And software—like teachers, textbooks and school systems—can be good or bad.

No one knows that more than Softsel.

As the world's largest distributor of personal computer software, we supply software to retailers all over the United States and all over the world.

Including your local retailer.

We provide each of them with the best selection of the best educational software. Each title sifted from the thousands submitted to us each year and painstakingly evaluated. To make sure it meets our high standards.

And yours.

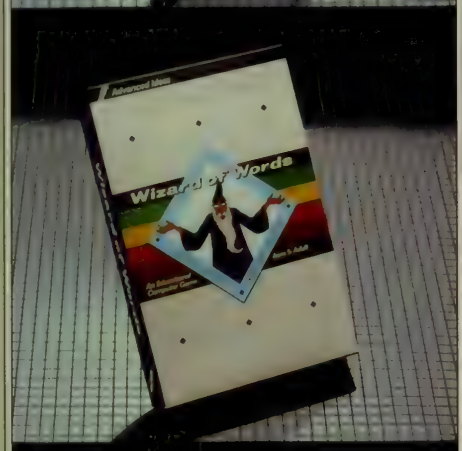
This guide contains a sampling of the educational software available from Softsel through your local retailer. There are a great many more to choose from, and we would have liked to have listed them all.

But that would be boring.

The companies featured in this guide provide software for these and other popular computers.

Vendor	Apple	Atari	Com64	Vic20	IBM PC	PC jr.
Academy Software	●		●	●		
Advanced Ideas	●		●		●	●
American Educational Computer	●	●	●		●	●
Atari		●				
CBS Software	●	●	●		●	●
Chalk Board	●	●	●		●	
Counterpoint Software	●	●	●		●	●
Davidson & Associates	●		●		●	●
Designware	●	●			●	●
Developmental Learning	●	●	●		●	
Hayden Software	●	●				
HesWare			●	●		●
Koala Technologies Corporation	●	●	●		●	●
Scarborough Systems	●	●	●		●	●
Sierra On-Line	●	●	●			
Spinnaker Software	●	●	●		●	●
Timeworks			●			
Tronix/Monogram	●	●	●			
Unicorn		●	●			
Xerox/Weekly Reader	●					







Typing Tutor/Word Invaders
Academy Software

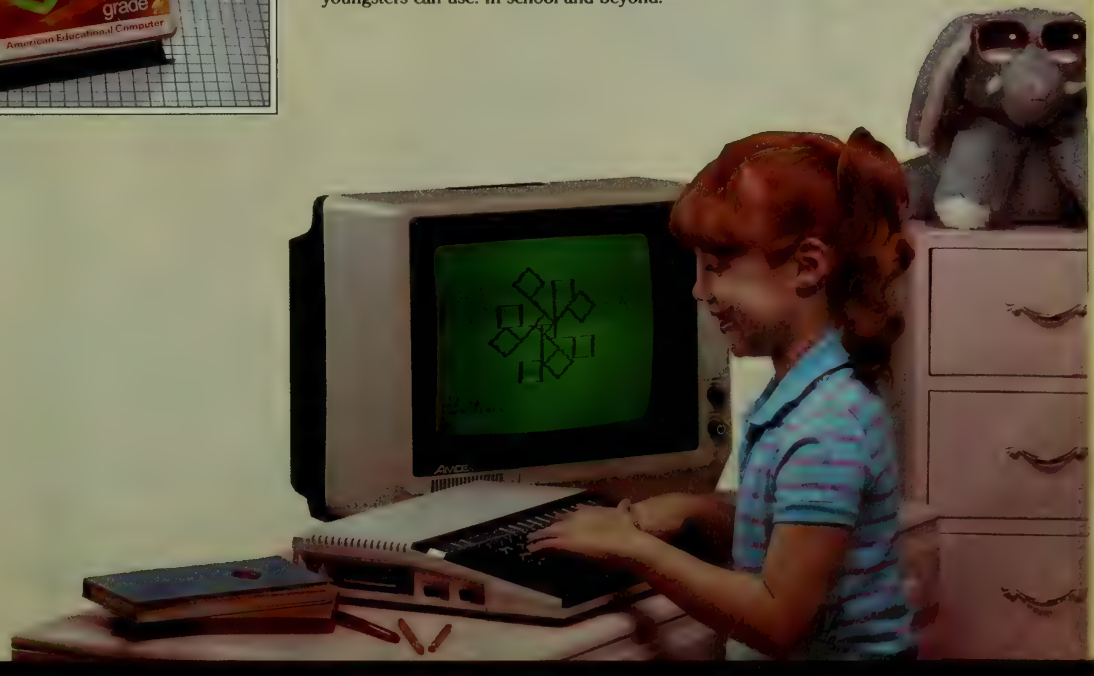
Computers may be replacing typewriters in homes and offices, but the keyboard is here to stay. And since typing skills aren't going to get any less valuable, TYPING TUTOR is invaluable. TYPING TUTOR is better than having a real tutor because it's more fun. Not only does it conduct exercises, tell typing speed, count and highlight errors and evaluate performance, but it even plays a graduation song. Then it's time for post-graduate work with WORD INVADERS. Here, typing skills are put to the ultimate test: survival. Tension mounts and impending doom lurks as invading words and an alien spaceship threaten to destroy the base. In response, the student strives to strike the keys that will blast the words out of the sky. Or at least off the screen. A wrong key can mean total annihilation. Unfortunately, WORD INVADERS can accommodate but one family member at a time. So the real battle may be over who gets to work on their typing next.

Wizard of Words™
Advanced Ideas™

When it comes to teaching language arts to children, there's no magic wand. But there is the wizardry of the WIZARD OF WORDS. Where reading, spelling and vocabulary are wrapped in colorful graphics and transformed into five enchanting word games. The Wizard's world is filled with knights, heralds, jugglers, a princess, a fire-breathing dragon and a list of 38,000 words, keyed to eight learning levels—from ages five to adult. As learning skills develop, players can move on to greater challenges. Where learning lags behind, more words can be added. And each game can be specially tailored to meet certain needs or enhance particular skills. No programming background required. Like all Advanced Ideas software, it's certified by the National Education Association.

Spelling
American Educational Computer

To become good spellers, children need not know every single word in the language. Just the ones they're likely to use. Which is exactly what they'll learn from SPELLING. This series of seven programs for grades 2-8 covers 98% of the most commonly used words in the written vocabulary—all 4,000 or so. Not to mention the extra words that can be added for individual value. Like a child's home town or street. Or terms from current schoolwork. Unlike programs that rely on repetitive drill, SPELLING uses the "test-teach-test" concept—weeding out the words a student already knows. The product of years of educational research, SPELLING has been carefully designed to teach the spelling skills youngsters can use. In school and beyond.





Logo
Atari®

To program a home computer, you need a Masters Degree in Computer Science and a love of Boolean logic, right? Wrong. All you really need is Atari LOGO and a soft spot for turtles. Atari LOGO is a special version of the famous programming language originally developed at M.I.T. That process took 10 years. But it takes kids only about 10 minutes to begin creating graphics and designs, editing text and getting comfortable with mathematical and logical thinking. What are the turtles for? They create graphic patterns on-screen, helping children discover fundamental concepts of motion while they learn programming. The turtles can even change into cars, planes and people complete with voices, music and sound effects. By the way, Atari LOGO was designed for youngsters, but don't be surprised if it draws in the whole family.

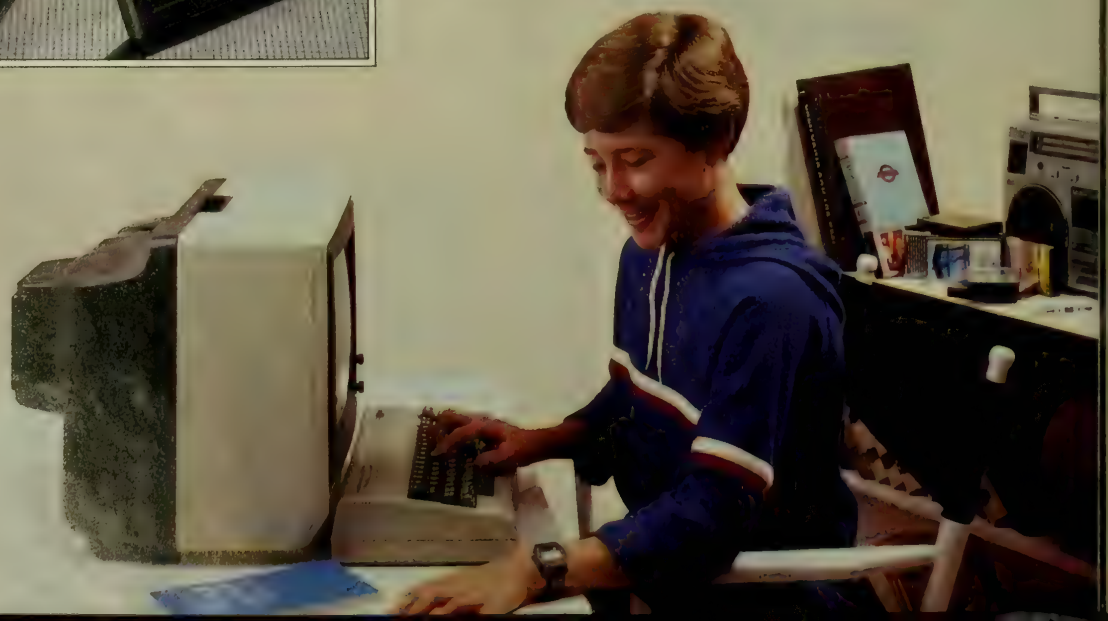
Big Bird's Special Delivery™ and Webster: The Word Game™
CBS Software

No concerned parents want to entrust their child's education to just anyone. But when it comes to names you can trust, CBS, Big Bird and Webster are three of the best. In BIG BIRD'S SPECIAL DELIVERY, preschoolers develop basic skills and concepts by helping Big Bird and Little Bird deliver the Sesame Street mail. To make sure each package gets to where it's supposed to go, children consider and compare various objects according to form, class and even function. Bright, animated graphics make everything entertaining. Which is a good word to describe WEBSTER: THE WORD GAME. Here, words with missing letters fall from the top of the screen. The challenge is to fill in the blanks with the computer-animated hand before it bottoms out. Colorful graphics, musical clues and multiple difficulty levels make development of word and spelling skills a delightful experience for the whole family.

Big Bird and Little Bird are trademarks of Muppets, Inc. Sesame Street is a trademark of Children's Television Workshop.

Powerpad™ and Micro Illustrator™
Chalk Board™

POWERPAD unleashes the true creative potential of your home computer. How? By bypassing the keyboard. This square foot of touch-sensitive technology sets the stage for a whole series of stimulating Chalk Board software that puts a wide range of subjects at your fingertips. From math, science and music to visual arts, language arts and social studies. Each product comes with a tough plastic overlay complete with special function buttons, plus a manual to outline the possibilities. The rest is up to the imagination. And speaking of imagination, MICRO ILUSTRATOR is designed to place the imagination right on the screen. Using simple touch commands, you can create, revise and adapt basic shapes, play with textures, manipulate designs and diagrams, experiment with colors and much more. The only thing you'll have trouble doing is stopping.





Early Games for Young Children
Counterpoint Software

If the age of two seems a little too early to introduce your child to the age of computers, then you haven't seen EARLY GAMES FOR YOUNG CHILDREN. One of a series of best-selling programs from Counterpoint Software, this package offers children 2½-6 no less than nine delightful courses of food for thought. Kids can choose to match colorful numbers or bold graphic letters. They can learn to count, add, subtract, work with the alphabet and learn to type names. And that's not all. This fun-filled program even lets them compare shapes and draw colorful pictures on-screen. Using the Picture Menu, youngsters can select the game they want, play it, then move on to another game. And they can do it all without adult supervision.



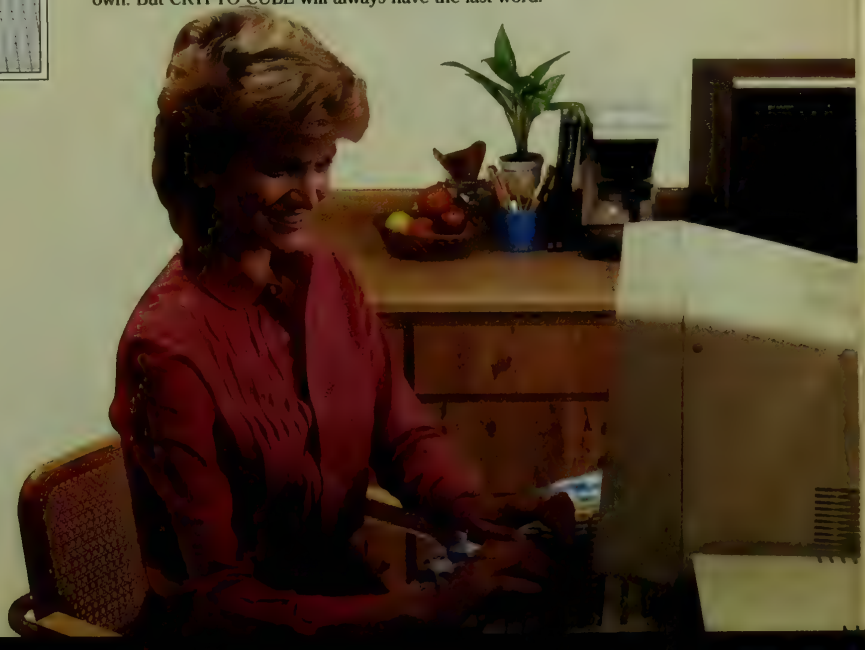
Math Blaster!,™ Word Attack ™ and Speed Reader II ™
Davidson and Associates

This educational threesome makes learning the three R's a real blast. MATH BLASTER!, for grades 1-6, is loaded with over 600 problems and a circus-style arcade game where students hit the correct answers by shooting a man out of a cannon. In WORD ATTACK!, the cannon is replaced by a little man's hat. But it's just as much fun and comes with an arsenal of 675 words with which to attack weak vocabularies in grades 4-12. SPEED READER II helps readers of many ages develop rapid reading skills and better comprehension simultaneously. Thirty-five reading selections are used to improve eye movement, enlarge eye span and sharpen perception. And the Timed Reading Test keeps everybody posted on their progress. All three programs contain editors for adding more challenging material and encouraging progress. Which is what education is all about.

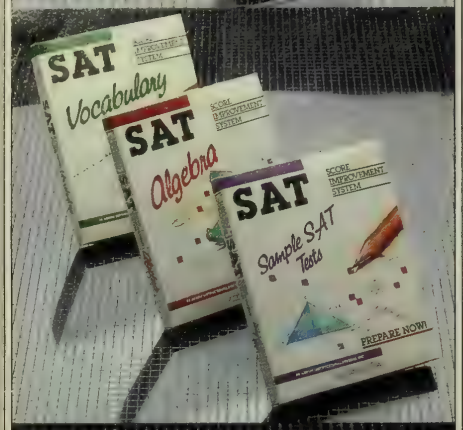


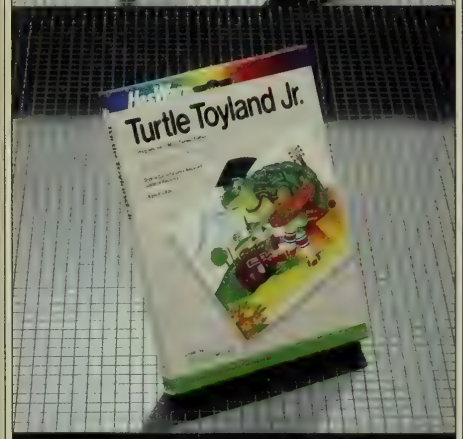
Math Maze ™ and Crypto Cube ™
DesignWare ™

Mathematics and vocabulary are subjects that send most kids to sleep. But when they're presented in the right environment they can be fascinating. Kids who hate math, for example, will love the hairy, eight-legged, web-spinning motivator that makes MATH MAZE so much fun. Through a series of 40 pre-programmed mazes, children must search for the necessary numbers before the pursuing spider makes a meal out of them. They can vary the difficulty of the math or the game and even design their own mazes—with or without the walls and with or without the spider. This game has numerous possibilities. What makes CRYPTO CUBE exciting is its impossibilities. Here the whole family is challenged to uncover words hidden behind the squares of a rotating cube. Fifty categories of words keep anyone from memorizing the answers. And to make things even more cryptic, family members can add puzzling new words of their own. But CRYPTO CUBE will always have the last word.











Alien Addition and Spelling Wiz
Developmental Learning Materials

Combine "arcade" with "academic" and what do you get? Arcademic. Or, more precisely, The Arcademic Skill Builders in Math and The Arcademic Skill Builders in Language Arts. Both offer arcade game excitement and encouragement while sharpening academic skills. In ALIEN ADDITION, youngsters of all ages use basic math to combat alien spaceships. Each spaceship contains a different addition problem. The idea is to type the solution quickly before the aliens zap the missile base. Which is what happens when students come up with the wrong answers. In SPELLING WIZ, the wondrous wizard uses his magic wand to help kids master commonly misspelled words. As a word appears with letters missing, students wave the wizard's wand and fill them in for points. As always, time is of the essence, because bubbles from the boiling kettle can knock the precious wand out of the wizard's hand. Both programs are equipped with multiple options and difficulty levels for flexible learning. ALIEN ADDITION and SPELLING WIZ. When it comes to improving skills, they work like a charm.

The Hayden SAT Score Improvement System
Hayden Software

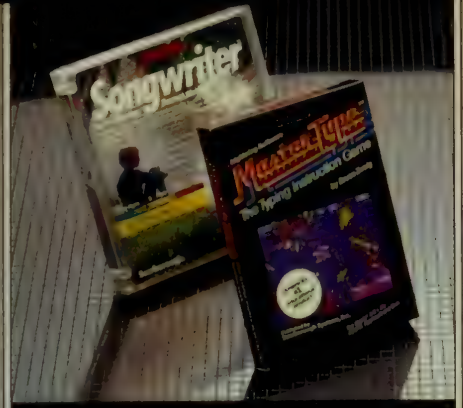
Getting into college isn't getting any easier. And a good score on the Scholastic Aptitude Test is essential. Which is why THE HAYDEN SAT SCORE IMPROVEMENT SYSTEM is so invaluable. Using examples from the most recent tests, students get help in five vital areas: Vocabulary, Reading Comprehension, Algebra, Geometry and Quantitative Comparison. A Sample Test Module includes two sample SATs, a pre-test for determining strengths and weaknesses and an analysis section complete with tips and strategies for raising scores. No additional textbooks are necessary, because all tests, tutorials and illustrations appear right on the screen. And the system is flexible: jumping ahead or going back for review and extra work is entirely up to the student. THE HAYDEN SAT SCORE IMPROVEMENT SYSTEM. It definitely makes the grade.

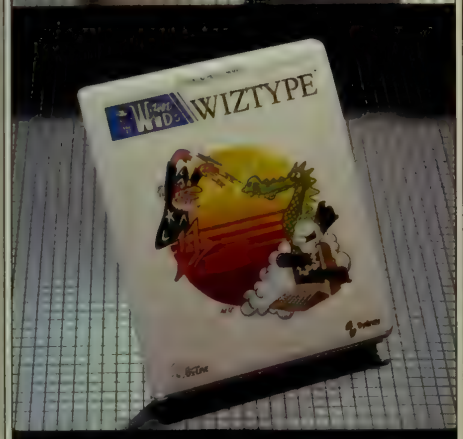
Turtle Toyland Jr.™
Human Engineered Software

Not surprisingly, one of the subjects computers teach best is computing. And all it takes is a joystick, a five-year-old and TURTLE TOYLAND JR. This gentle, playful program enables children to actually write programs of their own by teaching a turtle to move across the screen. Paints, music boxes and toys come to life right before their eyes as they create, move and store pictures and characters. Since the turtle relies almost exclusively on the joystick to get around, there is no need for kids to type commands on the keyboard. And since the whole thing is so much fun, logic, math and sophisticated programming concepts become something else entirely. Like kid stuff. TURTLE TOYLAND JR. It makes creativity come right out of its shell.

KoalaPad™ Touch Tablet
Koala Technologies Corporation

To get the most variety and versatility out of your computer, you can use a joystick, a paddle controller and a mouse. Or you can use a KOALAPAD TOUCH TABLET. This 4" by 4" touch-sensitive surface functions as a precision input, pointing and sketching device. It also opens the door to a collection of appealing KoalaWare™ that will delight and educate your children. And you, too! There's Micro Illustrator, for teaching fundamental computer graphics. Dancing Bear for other computer fundamentals. Spellicopter, for teaching the right way to spell a 400-word vocabulary. And Spider Eater, a challenging game that uses musical notes and spiders to teach note recognition, meter and composition. Each KOALAPAD comes packaged with a different KoalaWare program. Plus a special programmer's guide, complete with algorithms, menu programs and plenty of helpful hints and tips.







MasterType™ and Songwriter™
Scarborough Systems

What do typing and music composition have in common? They're both easier and more fun to learn with software from Scarborough Systems. MASTERTYPE masquerades as a space invaders game—replete with lasers, missiles and arcade-quality explosions. Accurate typing wards off enemy words that attack continuously from every direction. As the typing gets better, the game gets faster, with wave after wave of longer and more complex words. It's the best-selling educational program in the country. Another program that's definitely worthy of note is SONGWRITER. It's designed to make music fun for everyone—from children to grandparents. People who can't tell a b-flat from a flat tire are soon using the computer keyboard to create songs of their own. Then printing them out on paper or playing them out on the stereo!

The Wizard of Id's Wiztype™
Sierra On-Line

There are no short cuts to learning how to type. It just seems that way when you learn with THE WIZARD OF ID'S WIZTYPE. After progressing through the Drill, Practice and Word modes, budding typists take their new-found skills into battle beside The Wizard against the computer and the diabolical Spirit. As Spirit conjures up words and character groups, The Wizard employs the student's typing talent to make them disappear. When the student types quickly enough, Spirit gets zapped and it's on to the next level. The Paragraph Lesson introduces Bung, the court jester, who uses a pogo stick to keep time and looks at his watch when he gets impatient. And there's plenty of room to add new words and paragraphs to make the whole thing more challenging. THE WIZARD OF ID'S WIZTYPE. It can turn a child into a typing wizard, just like that!

Kids on Keys,™ Kidwriter,™ Trains™ and Jukebox™
Spinnaker™

Spinnaker Software makes learning fun for the whole family with not one, but four groups of educational games. The Early Learning Series for Young Children (ages 3-8) includes colorful programs like KIDS ON KEYS, a game that teaches letter and number recognition during a friendly introduction to the computer keyboard. In the Early Learning Series for School-Age Children (ages 6-12) KIDWRITER lets kids create their own picture and story book as they learn the fundamentals of word processing. Learning Adventure Series games like TRAINS (ages 10-adult) use simulation and adventure to challenge players as they sharpen their planning, estimating, mapping and problem-solving skills. And finally, the Family Learning Games like JUKEBOX (ages 8-adult) are exciting and educational programs that will have the whole family learning and playing together.





Dungeon of the Algebra Dragons™ and Spellbound
Timeworks®

Kids think algebra and spelling are dull. But unless these skills are sharpened in a hurry they won't last long in DUNGEON OF THE ALGEBRA DRAGONS and SPELLBOUND. These two Adventure-in-Learning Games are a lot more than games. Correct answers mean life. And wrong answers? You guessed it. As youngsters thread their way through the dungeon, the dragon gives them algebra problems to solve. Too many wrong answers and they're served up as the dragon's dinner. But that's nothing compared to what awaits them in SPELLBOUND. Here players use their joysticks to boldly guide their bees and try to sting the letters of the mystery word. If the letters are right—and in the right order—all goes well. But when the wrong ones are stung, the whole word blows up in their face—complete with color and high-energy sound effects. Now *that's* an adventure in learning.

Chatterbee and Wordrace
Tronix/Monogram™

Spelling and vocabulary go hand-in-hand. And here are two programs that put them at everyone's fingertips. CHATTERBEE is unlike any other spelling software on the market, because it can do something that no other spelling software can do: Talk. Using a customized version of the S.A.M. speech synthesizer, CHATTERBEE speaks each word, then defines it in a sentence—just like an old-fashioned spelling bee. Only this one comes complete with music. The WORDRACE series is really six games in one. Four levels of Wordrace (for ages 9 to adult) plus Claim to Fame and Sports Derby add up to more than 2500 words and definitions and over 1200 famous people. All in one fun-filled package!

Funbunch™
Unicorn Software Company™

If you like language arts programs that are as enjoyable as they are effective, then FUNBUNCH speaks your language. Colorful, appealing graphics, music and simple on-screen instructions make learning fun on three levels: Elementary (grades 1-6) Intermediate (junior high school) and College Prep (high school and adult). Each program holds a harvest of words, phrases and definitions—more than 2000. Not to mention all the additional words, phrases and definitions you can enter yourself. That's flexibility. As children advance from one challenge to the next, they improve their keyboard familiarity while honing their reading skills. And that's not all: There's even a built-in Computer Doodle to reward success and encourage creativity. While turning language into an art.

Pic. Builder™
Xerox/Weekly Reader Family Software

If you're looking for a program that can bring out the creativity in a child, then PIC. BUILDER is definitely one to pick. Like a construction set, PIC. BUILDER encourages kids to build color pictures with blocks. Only on-screen, so they won't topple over, no matter how they're stacked. Placing the colorful blocks above, below, side-by-side or diagonally across from each other, children can create castles, trains, farm animals, scenes from outer space and more. There are 40 pictures stored on the disk to get them started and guide them along. But if your child leans toward the abstract, the program leans with him. Or her. Five full-color cards with eight separate palettes allow for unlimited artistic possibilities. What's more, when your youngster creates a real masterpiece, it can be printed out and enjoyed. Now. And for years to come.

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Continued from page C16

that offer the most appropriate level of instruction. "Some camps teach sophisticated computer languages like Pascal or Fortran for experienced computer users, while others specialize in Logo or Basic, which are more applicable for beginners," he says.

Most of the camps offer a wide variety of recreational and other educational opportunities, combining traditional organized camp activities with computer instruction. Parents should consider whether a child's interest in computers and programming is deep enough that he or she will enjoy and benefit from these camps. Just as you wouldn't send a child who is just peripherally interested in baseball to one of the many summer baseball camps, you shouldn't send a child casually interested in the subject to a computer camp.



A Good Time to Buy

The multitude of suppliers, brands, titles and programs for home and personal computers is a source of confusion for most parents. But the competitiveness of the market is also a boon for consumers because it has driven prices down so that a family can dip its toes into the waters of the computer age for a relatively modest cash outlay. It is now possible to purchase a home computer for less than $100 at retail, and for some parents such a product with an equal dollar amount of software is a good way to introduce young children to the computer. You can be sure your child will outgrow the machine, but then that won't be the only purchase he or she outgrows.

The computer revolution has focused on today's "knowledge workers" who write reports, plan and manipulate data in the course of their everyday work. But the eventual success of that revolution lies with today's youngsters. They are the ones who will grow up using computers and these machines will be second nature to them. Helping them learn with computers and about computers is what educational software is all about. □

"Computers and Your Family's Education" was written and produced by the staff of PC Retailing magazine, Waltham, MA; James M. Barry, editorial director; Ken Mayo, associate editor; Michael Roach, art director.

Design by John Lee. Cover photo by Jim Kelly.

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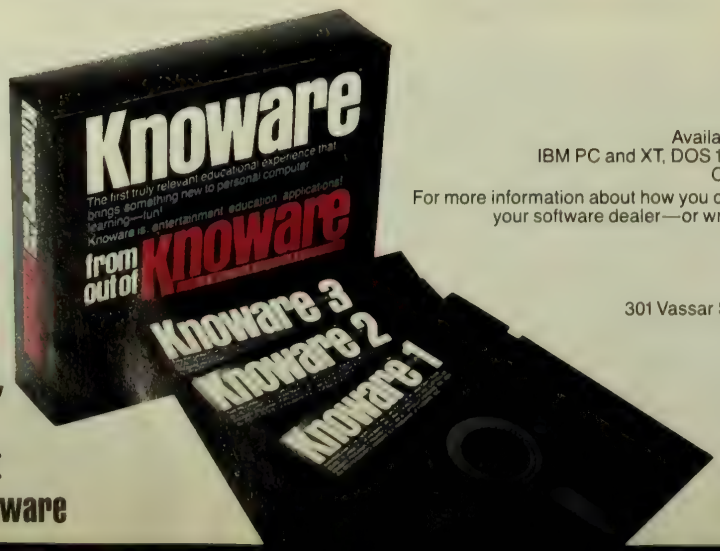
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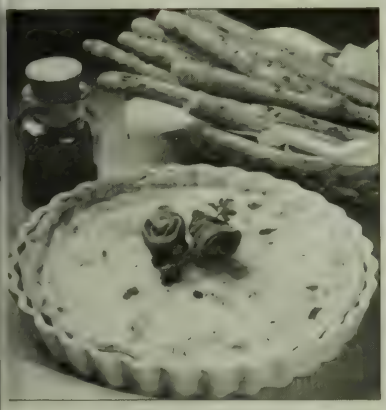
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Cooking with Caraway

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CARAWAY CHEESE WEDGES

Pastry for 1-crust 9-inch pie
2 slices bacon, diced
1 small onion, chopped
4 beaten eggs
¼ cup dairy sour cream
1 cup shredded Swiss cheese
½ teaspoon caraway seed

Prepare and roll out pastry. Fit into an 8-inch quiche dish. Trim and flute pastry. *Do not prick.* Line pastry with heavy-duty foil. Bake in 450° oven 5 minutes. Remove foil; bake 5 minutes more. Remove from oven; reduce oven to 350°. Meanwhile, cook bacon and onion; drain excess fat. Combine eggs and sour cream. Stir in bacon mixture, cheese, caraway, and dash *pepper.* Pour into pastry shell. Bake in a 350° oven 20 minutes or till just set. Cut into small wedges. Serve warm. Makes 16 to 20 appetizer servings.

CARAWAY BREADSTICKS

1 package active dry yeast
¼ cup light molasses
1 tablespoon cooking oil
1 tablespoon caraway seed
1½ to 1¾ cups all-purpose flour
1 cup whole wheat flour
Milk
Coarse salt *or* caraway seed

In large mixer bowl soften yeast in ½ cup *warm water* (110° to 115°). Add molasses, oil, the 1 tablespoon caraway, and 1 teaspoon *salt.* Add *1 cup* of the all-purpose flour. Beat with electric mixer ½ minute, scraping bowl. Beat 3 minutes at high speed. Stir in whole wheat flour. Stir in as much of the remaining all-purpose flour as you can with a spoon. On floured surface knead in enough of the remaining all-purpose flour to make a dough that is smooth and elastic. Place in greased bowl; turn once to grease surface. Cover; let rise till double. Punch down. Divide dough in half; cover and let rest 10 minutes. Cut each half into 12 pieces. Roll each piece into a rope 12 inches long. Place on greased baking sheet. Brush with milk; sprinkle with coarse salt or additional caraway. Cover; let rise till nearly double. Bake in a 375° oven 10 to 15 minutes. Cool. Makes 24.

Photograph: Mike Dieter



Richly aromatic. Ever so fruity.
And delightfully provocative. Indeed, this is an extraordinary blend of fine China and India teas. It's exquisitely overlaid with the flavor of blackcurrants. Subtly, however, so that the distinctive aroma sits neatly with the taste of the tea blend itself. Twinings Blackcurrant Tea is every bit as delicious when iced (lively and refreshing) as when served hot (soothing, embracing). In all, there are 20 Twinings blends – all as decidedly different from each other as they are from ordinary teas. Twinings teas are remarkable in their history (since 1706). They are exceptional, too, in their quality (America's best-selling English teas and the choice of inveterate tea lovers in over 90 countries). *Yours – both free:* a folder with serving ideas for Blackcurrant Tea plus a copy of *The Twinings Tea Guide,* which includes tips on brewing tea (iced and hot), on choosing the Twinings blends that will please you most.

TWININGS
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Small-Space Retreats



Even in tight quarters, it's possible to create an inviting family retreat. With some ingenuity, you can turn annexed space or a seldom-used bedroom into a pleasing spot for casual relaxing and entertaining.

These two examples show how to do both with space-saving furnishings and smart room arrangements.

Winterize a porch

This 11x13-foot room *(above)* originally was a porch over a garage. By enclosing it with casement windows and adding baseboard heating units, the family transformed the space into a year-round retreat.

Foam chairs and love seats provide a low-cost, flexible seating solution for the small room. The sectionals are lightweight, so they're easy to rearrange for TV watching or game playing. They also flip out into beds for overnight guests. Shag carpet adds a woolly texture to warm the space.

Rethink a bedroom

This multipurpose hideaway *(right)* actually is a small bedroom converted to a new use. The room's closet doors were removed to make way for an inexpensive shelving system. And a channel-quilted fabric wall covering gives the room a cozy, denlike atmosphere.

To avoid overstuffing the 10x13-foot room, only a few furnishings are used. A low-slung love seat and a matching chair and ottoman, arranged in an L, invite relaxed lounging and conversation. Small plastic tables provide a handy resting spot for a beverage or snack, then stack for storage.



Photographs: Hopkins Associates. Design *(top)*: Karen Heithoff. Field editor: Patricia Carpenter. Design *(bottom)*: Ferris Cordner, Thomas Designs, Inc.

Three uncommon dressings with one thing in common.

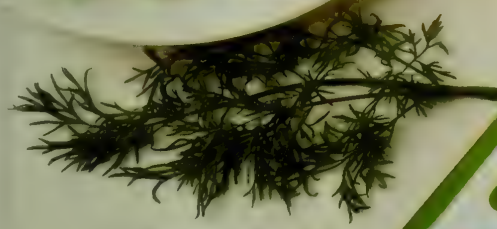
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Italian Spice

gets its distinctive flavor from a special blend of garlic and romano cheese, for a tangy delicious dressing.

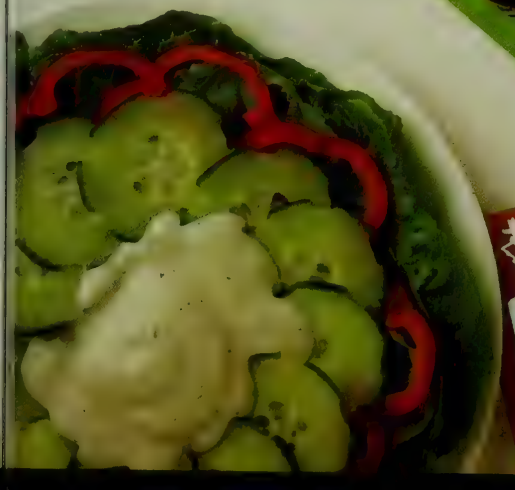




Creamy Herb

is filled with a lively blend of herbs, like dill and oregano. You'll find it a thick, creamy and refreshingly different dressing.







Home Style Onion

is made with cheddar cheese, bits of onion and a unique blend of spices, for a taste like no other dressing.

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Bike Tours

A pleasant, invigorating way to experience the wonders of the West up close is on a bicycle tour. Outfitters provide meals, gear, and camping or lodge accommodations, plus bike rentals (for an extra charge). All you do is pedal—a sag wagon (van) even offers a lift if your legs wear out.

With terrain ranging from flatlands to mountains, and trips from 15 to 70 miles daily, a bike tour can fit into most families' vacation plans. Here are three outfitters offering small-group tours well suited for families with teenagers or hardy preteens. Younger children can be taken along on some trips in bike seats or special carriages.

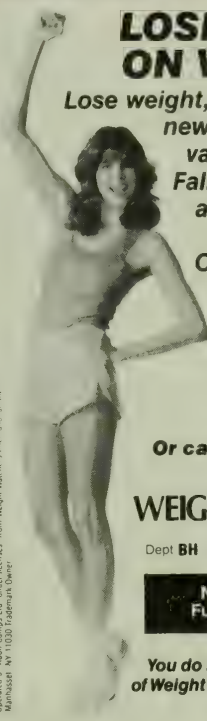
● **Backroads Bicycle Touring**—This outfit covers much of the West with more than 15 tours March to November. Ten trips wheel through California while others explore such sites as the Rockies. You have the choice of camping tours (tents and campfire meals provided) or hotel tours (usually staying at historical inns or country lodges). One-day trips start at $29, weekend to seven-day camping tours range from $137 to $551; hotel tours start at $188 for a weekend and run to $828 for a ten-day excursion through Hawaii during the winter. For details, write Box 5534, Dept. M-12, Berkeley, CA 94705.

● **Colorado Bicycle Tours**—Besides grueling mountain climbs that challenge veteran bikers, this group also features gentler trips through the foothills. Seven tours of two to seven days ($209 to $539 for double lodge occupancy) explore Colorado from June 24 through September. For details, write Box 45, Pitkin, CO 81241.

● **Bicycling West, Inc.**—The vineyards and coastline of California are the backdrop for these tours in June and July. The Monterey-to-Malibu ride costs $285 for eight days (no bike rentals available). Napa-Sonoma wine tours run $215 for six days. Prices cover meals, camping fees, and one night in a lodge on both trips. For details, write Box 15128, San Diego, CA 92115.

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Popover Magic

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POPOVERS

Shortening
2 beaten eggs
1 cup milk
1 tablespoon cooking oil
1 cup all-purpose flour
½ teaspoon salt

Grease bottom and sides of each cup of one 6-unit popover pan with ¼ teaspoon shortening. (Or use six 6-ounce custard cups. Place cups in a shallow baking pan.) Place pan in oven; preheat oven to 450°. In bowl combine eggs, milk, and oil. Add flour and salt. Beat with rotary beater till smooth. (Or, in blender container combine unbeaten eggs, milk, and oil; blend smooth. Add flour and salt; blend smooth again.) Fill hot popover cups *half* full. Bake in 450° oven 20 minutes. Reduce heat to 350°; bake 15 to 20 minutes more or till very firm. (If popovers brown too quickly, turn off oven and finish baking in the cooling oven.) Serve hot. Makes 6.

Pumpernickel Popovers: Prepare and bake Popovers as directed *except* use only *⅔ cup* all-purpose flour and stir ⅓ cup *rye flour* and 1 teaspoon *caraway seed* into dry ingredients.

Spice-Nut Popovers: Prepare and bake the Popovers as directed *except* stir ¼ cup chopped *pecans* into the batter. Combine 1 tablespoon *sugar and* 1 teaspoon *ground cinnamon;* sprinkle over batter.

POPOVER CHICKEN TARRAGON

1 2½- to 3-pound broiler-fryer chicken, cut up
2 tablespoons cooking oil
3 eggs
1½ cups milk
1 tablespoon cooking oil
1½ cups all-purpose flour
¾ teaspoon dried tarragon, crushed
½ teaspoon salt

In a 12-inch skillet brown chicken in 2 tablespoons cooking oil over medium heat about 15 minutes, turning often. Season chicken with salt and pepper. Place chicken in a well-greased 13x9x2-inch baking dish. In a bowl beat eggs;



add milk and the 1 tablespoon cooking oil. Stir together flour, tarragon, and salt. Add to egg mixture. Beat with rotary beater or electric mixer till smooth. Pour egg mixture over chicken. Bake in 350° oven 55 to 60 minutes or till chicken is done. Serves 6.

MEXICAN SKILLET POPOVER

- **2 tablespoons finely chopped onion**
- **1 tablespoon butter *or* margarine**
- **2 beaten eggs**
- **1 cup milk**
- **1 cup all-purpose flour**
- **½ teaspoon chili powder**
- **¼ teaspoon salt**
- **¼ cup finely chopped canned green chili peppers**
- **½ cup enchilada sauce, heated**
- **Shredded Monterey Jack cheese**

Grease the bottom and sides of a 10-inch oven-going skillet. Place skillet in oven; preheat oven to 450°. Meanwhile, cook onion in butter or margarine till tender. In mixing bowl combine the eggs, milk, flour, chili powder, and salt; beat smooth with rotary beater or electric mixer. Stir in the chili peppers and onion mixture. Remove skillet from oven; pour in egg mixture. Return to oven. Bake for 15 minutes. Reduce oven temperature to 350°; bake 10 minutes



more. Turn off oven; leave popover in oven 10 minutes more. Meanwhile, heat the enchilada sauce. To serve, cut popover into wedges; drizzle enchilada sauce atop and sprinkle with cheese. Makes 6 side-dish servings.

Photographs: Mike Dieter

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- When you put six socks in the wash and only get back five.
- When it's Double-Coupon Week and you don't have any.
- When you're next in line at the checkout counter and they close the register.
- When you can't take ten.
- When your husband agrees to split the chores and thinks his half is taking out the garbage.
- Whenever the boss does.
- When your neighbor's windows get broken and it's the first time your kids didn't do it.
- After you find something in the basement you thought existed only in National Geographic Magazine.
- After the McCreaths show you 200 slides of Scotland and you still have France, England and Germany to go.
- After 30 situps, 20 leglifts and one pulled muscle.
- After someone compliments your golf game when you're playing tennis.
- **After you finish reading all these reasons to take five and you're dying to try a Take Five bar.**
- **When you want light wafers, silky peanut creme, covered with Hershey's milk chocolate...**
- **When you want the richness of a candy bar without the heaviness of one, try a Take Five bar.**



You earned it.

Flexible Futons

Futons have been around for some 4,000 years, but their dual-role design fits modern times to a T. These pliable, cotton-stuffed mats can be laid flat to serve as sleeping surfaces or rolled into sinuous S shapes to create cozy seating spots.

Their dual purpose makes them a natural for kids' rooms, small apartments, and vacation homes. And they not only save floor space, but their low cost can save you money, too. Here are some answers to questions you might have about futons, as well as several mail-order sources for them.



When rolled out on the floor, a futon provides a thickly padded sleeping surface.



During the day, you can curl your futon into a casual, low-slung chair like this one. Or, you can roll it up and store it in a closet to free up even more floor space.

How are futons made? The futons you'll find today are generally thicker than their Far Eastern predecessors, but their construction remains much the same.

Cotton batting is simply stuffed into a case made of canvas or muslin. Loftier, more costly futons also contain cotton batting, but have an inner core of foam and/or hair-pad (a modern version of horse hair).

How are futons used? Since they need no frame or support, futons can simply be laid flat on the floor or on a mat for an instant sleeping surface.

A futon is easily made into a chair. You just fold the futon back on itself and push it against a wall.

Because futons are movable, foldable, and can be rolled up and stored, they're particularly well suited to children's rooms where sleep space doubles as a play area. Futons also are a natural for guest rooms that are dens or home offices during the day.

What sizes do they come in? Most manufacturers offer futons in standard bed sizes—twin, full, queen, and king. Some also produce crib-, youth-, and bunk-bed-size futons.

You can use regular bed linens on most futons. And to dress up a futon during the day, you can buy special covers which are made in solid colors and in many prints.

How much do futons cost? Perhaps the nicest thing about futons is their reasonable price. A standard twin-size futon usually costs less than $100, a full-size futon around $130, a queen about $150, and a king around $180. Of course, prices vary depending on what materials are used for the stuffing.

Are frames for futons available? Yes, some companies offer bed frames that raise the futon off the floor and provide resilient support.

Some frames look similar to conventional beds with headboards and legs, while others are simply slats with detachable supports. One frame actually converts from a sofa to a bed. Wooden storage cubes that double as bases for a futon chair or sofa also are available.

Where can I find futons? If you live in a large city, you may be able to find a futon shop in your area.

But your best bet may be to write the futon companies listed here for their catalogs.

That points out another good feature of futons—they're mailable!

The Futon Shop
178 W. Houston St. West of Sixth Ave.
New York, NY 10014

Arise Futon Mattress Co., Inc.
37 Wooster St. In Soho
New York, NY 10013

New Moon
P.O. Box 216, 561 Windsor St.
Somerville, MA 02143

Photographs: Scott Little

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THIS CERTIFICATE MUST ACCOMPANY REQUEST

Country Fair Bears

Children love these colorful festival-bound bears. With the simple outline pattern below you can make a whole cartload of these huggables for your favorite youngsters. Just follow the easy instructions that include patterns for a 12-in. and a 9-in. bear.

Materials: *For each bear:* ¼ yd. of velour fabric; dark and light felt scraps; ¼ lb. polyester fiberfill; 2 small black beads; fabric glue; thread. *For garland:* 6-in. lengths of ⅛-in.-wide satin ribbons; small flowers (available in crafts stores); two 1x8-in. strips of green felt. *For hat:* 9x12-in. piece of felt; feather.

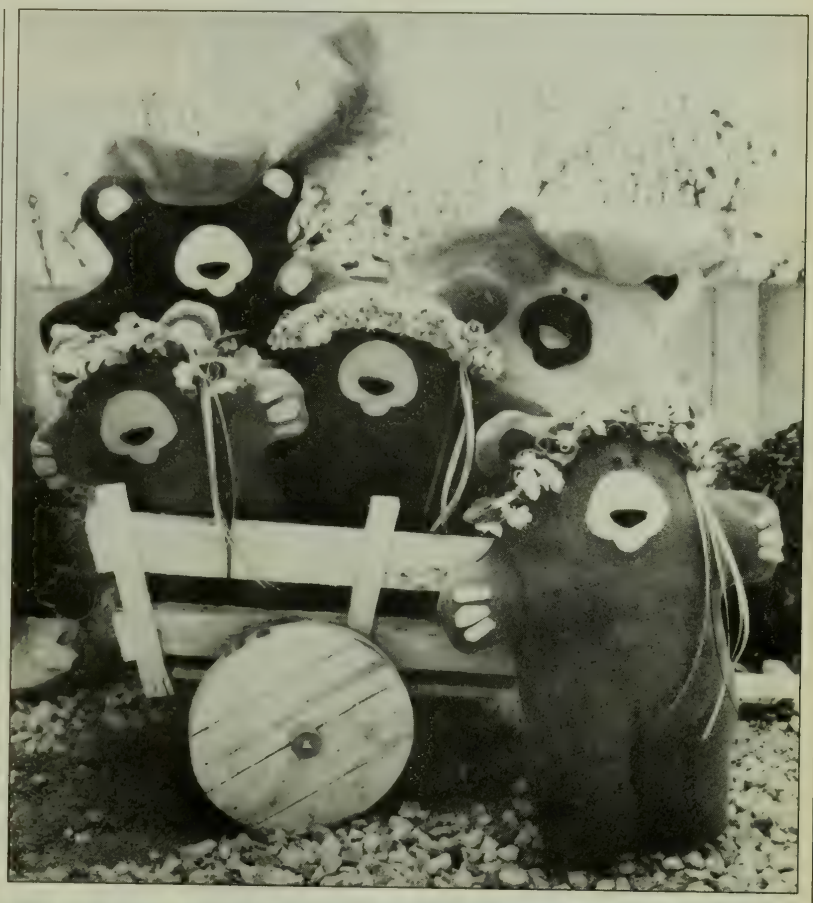
Instructions: Enlarge pattern *(right, below)* on paper and cut out.

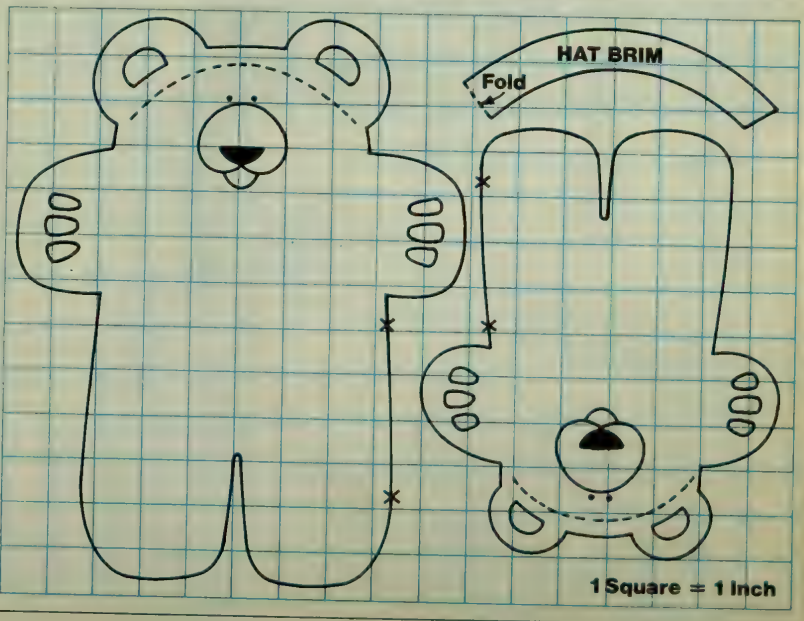
From a double layer of velour fabric, cut out a bear. From light-colored felt scraps cut inner ears, paws, and mouth shapes. From dark felt, cut nose. With right sides facing, sew around bear ¼ in. from raw edges, leaving an opening between Xs (see pattern) for turning.

Clip curves and trim seams. Turn bear right side out, stuff with fiberfill, and sew opening closed. Glue ears, paws, and mouth to face. Sew bead eyes above mouth. To keep felt pieces from being pulled off by toddlers, embroider or slip-stitch around mouth, ears, and paws.

For girl bear: Make a garland by gathering the 2 green felt strips lengthwise and sewing 1 strip on dotted line at top of bear's head (see pattern) and other strip to back of bear's head. Slip ends of narrow ribbons under garland on 1 side and tack in place. Separate crafts flowers from each other and sew each flower securely onto green garland. Add green leaves for variety. To finish garland, make tendrils by rolling the wire ends of flowers and leaves around end of a pencil.

For boy bear: Cut hat brim and a 6½-in.-diameter circle from felt. Sew gathering line on hat circle ¼ in. from raw edge; seam short ends of brim. Gather hat circle to fit inside edge of hat brim. With right sides facing, sew brim to hat ¼ in. from raw edges. Sew hat to bear, placing it on top or toward back of head. Tack feather under hat brim.





Photograph: Perry Struse. Design: Danielle Laboure
Illustration: Blaser-Kimball



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DECORATING

Unveiling A Grand Entry



The grand entry halls of older homes are treasured for their intricate architecture and profusion of details. But their unique beauty is all too often veiled by dark paneling and heavy draperies typical of early periods. Today's light colors and fanciful fabrics, on the other hand, make vintage entrances like this one fresh and inviting. When used with a light touch, contemporary elements can accent the old, rather than overpower them.

Opening the front door to this entry presents a warm, welcoming sight, particularly because the pretty space is well lighted by a bank of stairway windows. The windows are left untreated, except for a coat of white paint that highlights their unusual mullions. For climates that call for protection from the heat and cold, you can create a similar effect with tailored shades or shutters that draw up or push aside.

If your entry is blessed with a strong point of interest, let it take center stage. To emphasize the beautiful white brick fireplace in this entry, for instance, the furnishings are kept simple. An old love seat and chair, which hark back to the early 1900s, are covered in a floral chintz print for a soft, springtime look. Underfoot, a custom-made rag rug repeats the colors of the upholstery fabric, and is placed to draw your eye to the fireplace.

Furniture pieces collected by your family can help personalize a large, lofty entry. Here, a pine grandfather clock made by a family friend balances the height of the fireplace. Another collectible, a unique chandelier draped with brown beads, crowns the setting for a regal touch.

Photograph: Maris/Semel. Design: Martha Hass
Field editor: Estelle Guralnick

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A Stylish Multilevel Bedroom



Decorating on a variety of levels offers functional and attractive results. This split-level, teen's basement room, for example, shows how sophisticated style can be combined with a flexible sleeping/seating plan.

Because the room serves as a place to sleep, study, entertain, and relax, a multifunctional decorating scheme was needed. Instead of the usual bed and chairs, a fabric-covered mattress and matching foam slabs are fitted on top of carpet-covered platforms *(above)* to provide sleeping and seating space. The built-in tiers also help unify the space.

Other visual ploys that help expand the room include mirroring one wall and painting the other walls and the low ceiling bright white. White vertical blinds that blend with the walls minimize the squatty window. A cabinet for entertainment gear is cantilevered below the window to allow a continuous space-stretching flow of carpet.

The sleep/seating area is separated from a neat work space *(right)* by a half-wall divider. A handsome suspended tube fixture lights the work top.

Photographs: Jessie Walker
Design: Sam and Lynn Rosenberg





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You have to look inside. So we do.

It's called Candling. And simply put, it involves passing the egg over a very bright light to determine that the yolk, and the white, are clear and intact.

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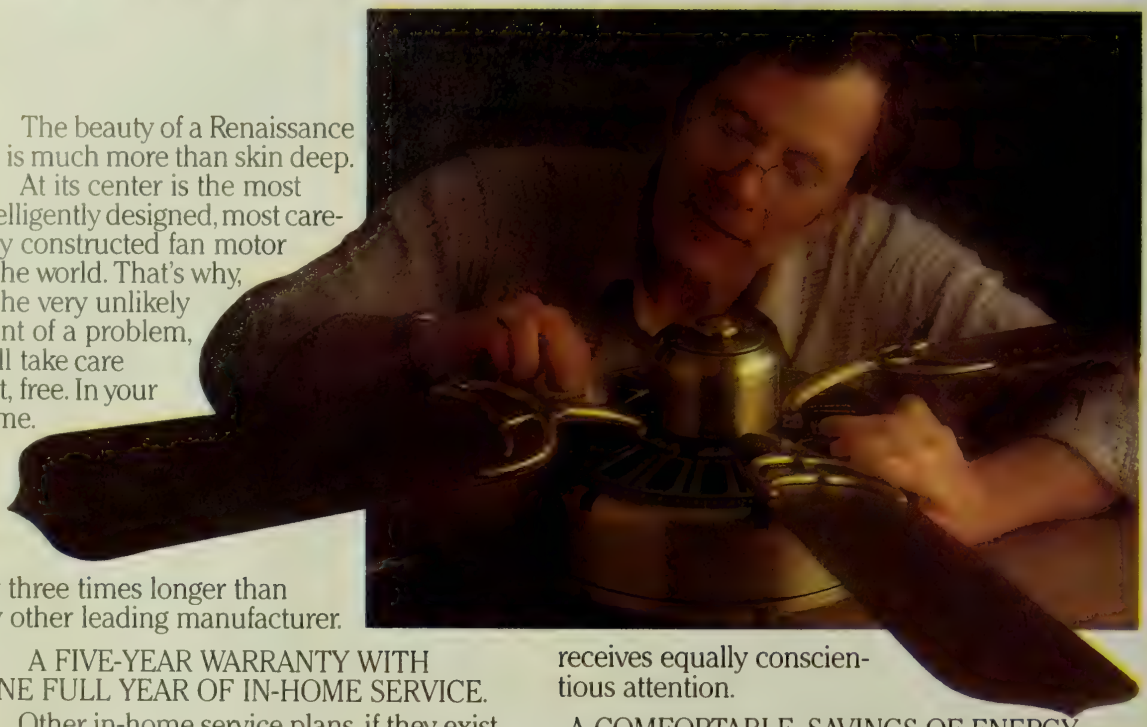
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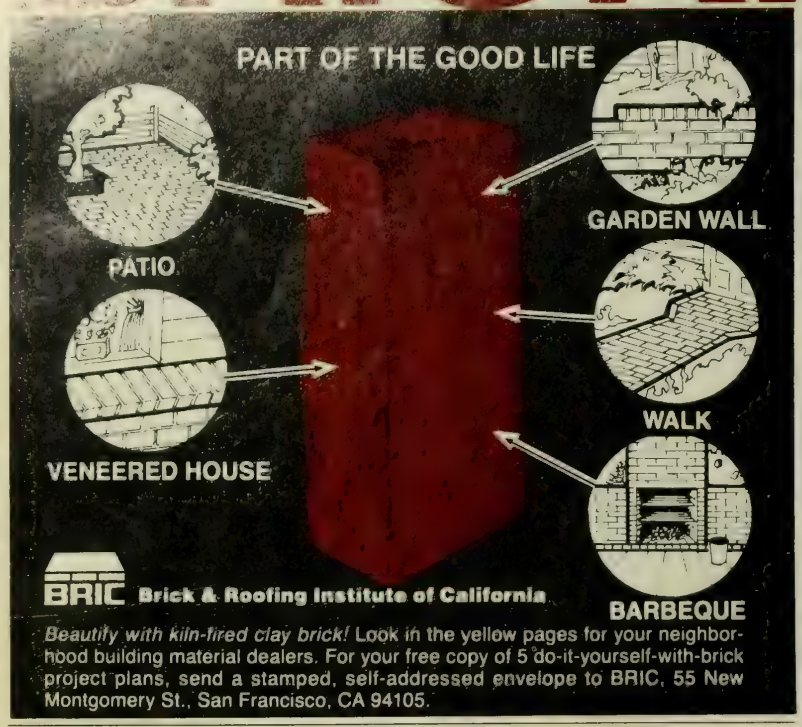


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GARDENING

Year-Round Blooms Indoors

A colorful surprise awaits first-time growers of streptocarpus. Also called cape primrose, these easy-to-grow members of the Gesneria family reach only ten inches tall, yet they produce quantities of jewellike, two- to five-inch flowers all year long. And new hybrids developed each year are even more brilliant. Flower colors include salmon, red, white, lavender, pink, orange, and a host of bicolors. Many have ruffled petals.

Streptocarpus grows best in a rich, light potting soil. You can use a commercial African violet potting mix or you can make your own using one part perlite, one part peat moss, and ½ part vermiculite to each part soil. It's also a good idea to add a pinch of crushed oyster shell to each pot.

Place your newly planted streptocarpus in a location that gets bright indirect light. In fact, the more light your plants receive, the more blossoms they will produce. Do not, however, set them in direct sunlight. Streptocarpus cannot tolerate heat and are best kept in a location that averages between 65 and 80 degrees Fahrenheit during the day and 55 to 60 degrees F. at night. Outdoors they can survive a light frost.

Water the plants whenever the soil surface starts to feel dry. Streptocarpus likes a moist soil, but will not prosper in a soggy one.

To keep your plants blooming year-round, give them a light feeding every time you water, rather than a heavier feeding on a monthly or bimonthly basis. Use an all-purpose liquid fertilizer.

You can propagate streptocarpus from seeds, leaf cuttings, or divisions. The seed is contained in a twisted pod that forms on the flower stem after the bloom falls off. To propagate from seed, allow the pod to dry until it starts to crack open. Then, remove the seeds and sprinkle them onto a light, moist soil. When the plants get an inch tall, replant them in individual containers.

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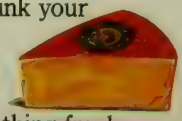
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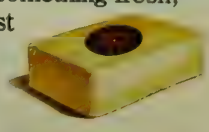
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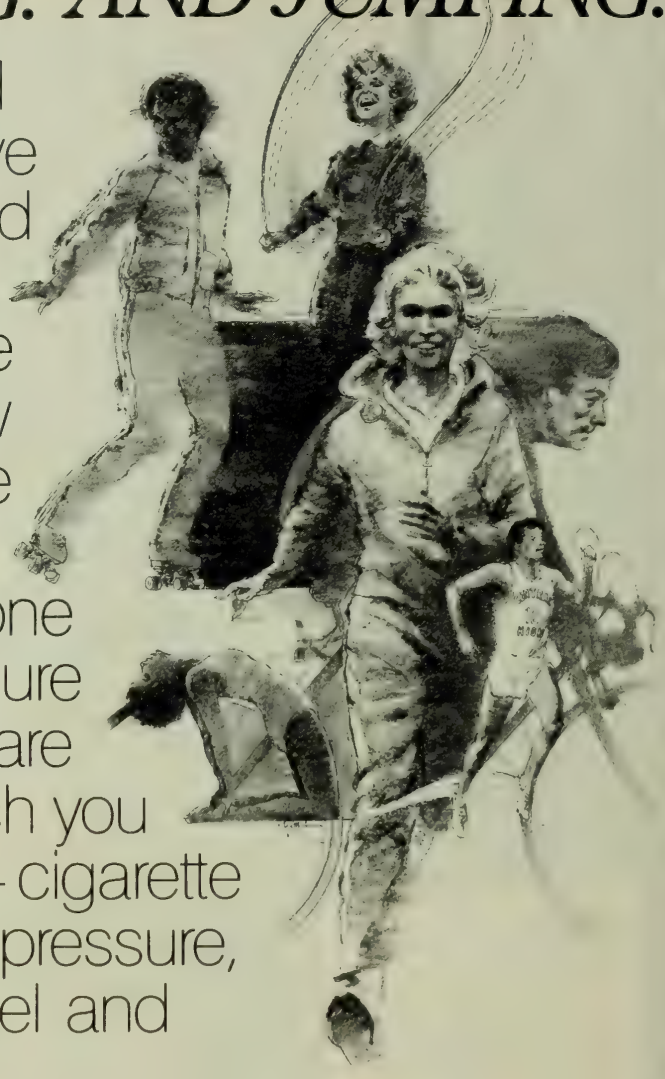
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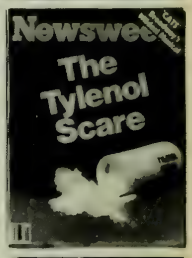












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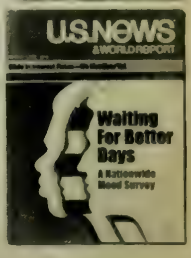
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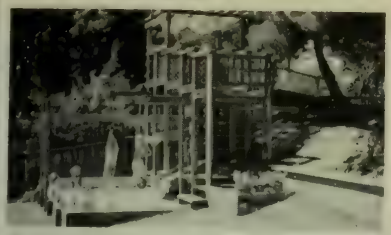
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Editor's Choice!

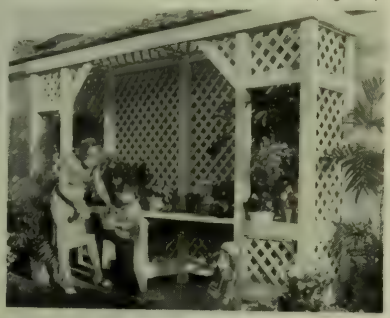


Play Structure with Sand Box. As shown on page 42 you can see how a forgotten corner of the yard can be transformed into a wonderful play area for children of all ages.



Play Structure. Designed with the small backyard in mind. There are many entertaining features available in a very small, but comfortable play area. (See page 42.)

Potting Shed. A highly functional and attractive design for all your "green thumb" needs. Provides many storage capabilities, without consuming a major portion of your yard. (See page 43.)





Arbor Structure with Swing Set. A swing and bench area provide abundant seating space in this lovely structure. (See page 43.)



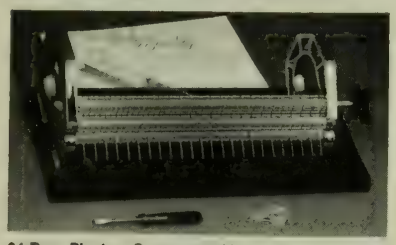
Sandbox. Construct a sand box for your child's many imaginative moods. A bench on one side provides more space for play or for parental supervision. (See page 49.)



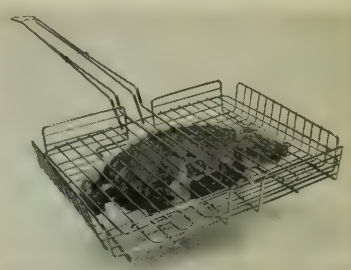
Gazebo. This elegant gazebo is designed with two stepped openings adjacent to each other. Sides and stairways are decorated with lattice and roof with attractive cedar shakes. (See page 44.)

Save Money—Do It Yourself!

All Project Plans packets (see pages 42-49) include professional drawings, list of materials, diagrams and instructions.



24-Row Pleater. Create smocking projects like those shown on pages 93-95. This 24-Row Pleater uses a special needle that is 1 inch in height from base, has a miniature pleating feature, pleated area distribution between first and last rows of 9 inches, comes with 24 needles, needle threader, and complete operating instructions. Weighs 2 lbs. 14 ozs., measures 13x5½x4 inches.



All-Purpose Meat Grill. Use directly over the coals on your outdoor grill or in your fireplace. Easy to turn, easy to use, and easy to clean; adjustable cover heights.

Baby Announcement Sampler. Create this *Exclusive* counted cross-stitch baby sampler (page 93) for that new arrival. Kit includes 11-count white Aida, 100% cotton floss, needle, and complete instructions. Measures 18x20 inches. Order our shiny silver metal frame to complement your work.

Perforated Picture Frame. This *Exclusive* embroidered on perforated-paper picture frame kit (page 93) includes perforated paper, cardboard backing, cotton floss, needle, and instructions to complete this 8x9¼-inch frame (opening is 4x5 inches).

Patterns. Complete with easy-to-follow instructions. Choose from the 40x44-inch crib quilt (see page 93); the christening gown/toddler's dress (see page 94); or the garden party dress (see page 94).

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Page	Description	Qty.	Price	Total
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43	**No. 50505** Potting Shed Project Plan		$4.95	
43	**No. 50506** Swing Set Arbor Structure Project Plan		$4.95	
49	**No. 50507** Sandbox Project Plan		$4.95	
44	**No. 50508** Gazebo Project Plan		$4.95	
	No. 03296 24-Row Pleater Smocking Machine (Add $6.00 shipping and handling)		$180.00	
	No. 31121 All-Purpose Meat Grill		$7.99	
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93	**No. 29571** Baby Announcement Sampler and Frame		$32.99	
93	**No. 27623** Perforated Paper Picture Frame Kit		$8.99	
93	**No. 01313** Crib Quilt Pattern		$6.99	
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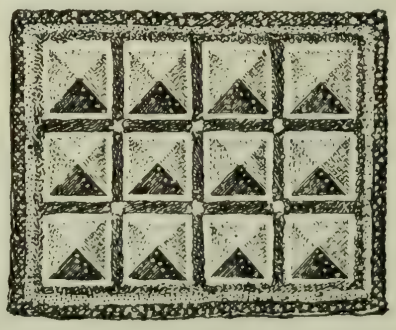
Antiques & Collectibles

American Hooked Rugs



Out of pioneer thriftiness came the now-prized and eagerly collected early American hooked rugs. Short of supplies and money, the settlers commonly reworked worn-out items for new uses. The first hooked rugs, for instance, were fashioned from sewing scraps or rags cut from old garments. Practical hands pulled the salvaged cloth through a coarse burlap backing to create colorful floor coverings.

Today, the soft colors and primitive designs of these hooked rugs make them appealing collectibles that decorate our walls, as well as our floors. Although prices are climbing steadily, you can still find affordable examples.



New England women in the early 1800s made the first hooked rugs. Each designed her own pattern, so these creations are all one-of-a-kind. Some rug makers drew an animal or a house on the burlap; others traced around household items like a teacup or a brick to make simple patterns. These earliest rugs are now among the most desirable, as well as the highest priced.

After the Civil War, rug burlap with printed designs was introduced and people lost interest in rugs with hand-drawn patterns. These latter-day rugs are less interesting than the first versions and generally are less valuable.

Most hooked rugs fall into one of the three basic categories—floral, geometric, and pictorial.

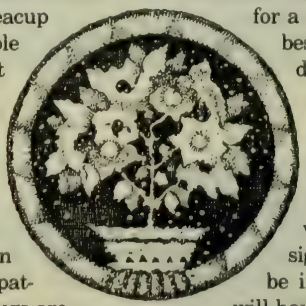
The florals range from uncomplicated motifs of a single blossom to elaborate floral patterns that were inspired by rugs from Europe or the Near East. Florals made with patterns during Victorian times are particularly plentiful.

Geometric rugs usually bear simplistic patterns of commonplace forms like circles and squares, but their dramatic color schemes often transform them into works of art. Their bold color and straightforward design make geometric rugs particularly attractive in room schemes with contemporary furniture.

Pictorial rugs show a wide variety of subjects—cats, dogs, farmhouses, automobiles, and ships, for example.

Hooked rugs have attracted considerable attention in the past few years, but they still are readily available. You can find them in antique shops, at flea markets, and at yard sales.

The pictorial pieces are the most sought after and the highest priced. Fortunately, both geometric and floral hooked rugs are far more reasonable.



You can expect to pay around $100 for a good geometric, and the best and most elaborately designed floral rugs usually are priced around $75. Sometimes a good floral can be found for around $10, however. The best quality rugs will have interesting designs and good detail, will be in good repair, and also will have retained most of their original color. Consider new hooked rugs, too. Many made for the Bicentennial already are being collected.

With William C. Ketchum, Jr.

Illustrations: Roger Leyonmark

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

GARDENER'S LOG

Page 34: Tubers available from the following nurseries: Lilypons Water Gardens, Lilypons, MD 21717. Scherer & Sons, 104 Waterside Dr., Northport, NY 11768. Slocum Water Gardens, 1101 Cypress Gardens Rd., Winter Haven, FL 33880. William Tricker, Inc., 74 Allendale Ave., P.O. Box 398, Saddle River, NJ 07458. Van Ness Water Gardens, 2460 N. Euclid, Upland, CA 91786.

EXQUISITE BABY GIFTS

Page 93: Wicker furniture—Wicker Works, 300 Fourth St., West Des Moines, IA 50265. Lace curtains—De Dutch Lacery, 620 Franklin St., Pella, IA 50219. Anemones—F.W. Battenfeld and Son, Rt. 199, Red Hook, NY 12571. Embroidery floss—DMC, 107 Trumbull St., Elizabeth, NJ 07206. Floral appliqués—Streamline Button Inc., 234 W. 39th St., New York, NY 10018. Wallpaper—Imperial Wall Coverings, 23645 Mercantile Rd., Cleveland, OH 44122. Perforated paper for picture frame—Astor Place, Ltd., 239 Main Ave., Stirling, NJ 07980. Dress pattern—Folkwear, Box 3798, San Rafael, CA 94912. Peter Rabbit plate, mug, miniature teacup—Wedgwood, 41 Madison Ave., New York, NY 10010.

Page 94: Christening gown, dress patterns—Folkwear (address above). Fabrics for christening gown, dresses—S. Rimmon and Co., Inc., P.O. Box 49456, Los Angeles, CA 90049. Ribbons on christening gown, bonnet, dresses—C.M. Offray and Son, Inc., 261 Madison Ave., New York, NY 10016. Embroidery floss—DMC (address above). Wicker furniture—Wicker Works (address above). Wallpaper—Imperial Wall Coverings (address above). Bunnykins clock, bowl, mug, Jemima Puddleduck—Royal Doulton, Doulton and Co., 700 Cottontail Ln., Somerset, NJ 08873.

Page 95: Silver-plated alphabet bank, cup, porringer, fork, spoon—Oneida Silversmiths, Oneida, NY 13421. Dancing bear mug, bowl, plate—Country Notebook, P.O. Box 2541, York, PA 17405. Bear bank, spoons, fork—Oneida Silversmiths (address above). Tom Kitten—Royal Doulton (address above). Teddleybear cup, mug, bowl, plate—Aynsley Bone China, 225 Fifth Ave., New York, NY 10010. Child-size ice cream chairs—International Wrought Iron, Ltd., 2100-B E. Wilshire Ave., Santa Ana, CA 92705.

FULL-SIZE COMFORT FOR COMPACT BEDROOMS

Page 96: Closet storage—Elfa, 1476 Merchandise Mart, Chicago, IL 60654. Footboard storage pieces—Workbench, 470 Park Ave. S., New York, NY 10016. Red pillow cases—Marimekko, Seven W. 56th St., New York, NY 10022. Lamps—Luxo Lamp Corp., Purdy Ave., Port Chester, NY 10573.

A FAMILY BATH WITH BUILT-IN CONVENIENCE

Page 100: All fixtures and fittings—Kohler Co., Kohler, WI 53044. Floor tile "Cristel"—Walker-Zanger, 11500 S. Main at Stella Link Dr., Suite 124, Houston, TX 77025. Laminate—Lamin-Art, Inc., 1330 Mark St., Elk Grove Village, IL 60007. Wallpaper "Cheryl Lewin"—Prelude Designs, 1 Hayes St., Elmsford, NY 10423.

RESTYLED KITCHENS

Page 108: Track lighting—Lightolier, Inc., 346 Claremont Ave., Jersey City, NJ 07305. Wallpaper—Marimekko, 555 Madison Ave., New York, NY 10022.

Page 110: Paint on cabinets—Rust-Oleum Corp., 11 Hawthorn Pky., Vernon Hills, IL 60061. Flooring "Glazecraft"—Armstrong World Ind., P.O. Box 3001, Lancaster, PA 17604. Window shade fabric "Double Features"—Waverly Fabrics, 59 W. 40th St., New York, NY 10018.

Page 111: Flooring—Lonseal, Inc., 22123 S. Vermont, Torrance, CA 90502. Wallpaper "Linear"—Karl Mann Assoc., 232 E. 59th St., New York, NY 10022. Table, chairs—Randolph and Hein Inc., 1 Arkansas St., San Francisco, CA 94107.

SUMMER EATING, TROPICAL STYLE

Pages 112-113: Platter "Granite"—Waechtersbach USA, Inc., 8300 NE Underground Dr., Kansas City, MO 64161. Round plate—Metlox Potteries, 1200 Morningside Dr., P.O. Box 8, Manhattan Beach, CA 90266. Oval platter "Silver Grey"—Franciscan Ceramic Tile, 2901 Los Feliz Blvd., Los Angeles, CA 90039.

Page 114: Casserole—Arabia of Finland, 5603 Howard St., Niles, IL 60648.

Page 115: Round plate "Trauda"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471.

Pages 116-117: Bowl—Colony, 225 Fifth Ave., Room 1000, New York, NY 10010. Plate—Sasaki Glass, Inc., 225 Fifth Ave., New York, NY 10010. Soufflé dish—Catamount Glass, Inc., P.O. Box J23, North Bennington, VT 05257. Stemware "Glacier"—Hutschenreuther Corp. (address above).

Page 118: Black platter "Bauhaus"—Trend-Pacific Inc., 507 Towne Ave., Los Angeles, CA 90013.

PRIZE TESTED RECIPES

Page 143 (top right): Glasses "Trend"—Rosenthal USA Ltd., 411 E. 76th St., New York, NY 10021.

Page 144 (left center): Plate—Villeroy & Boch , 41 Madison Ave., New York, NY 10010. (Right center): Plate "Monarch"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. (Far right): Meat board—Hartstone, 299 E. Ridgedale Ave., P.O. Box 400, East Hanover, NJ 07936.

IF YOU DIDN'T PLANT THIS SPRING, DON'T THROW IN THE TROWEL.

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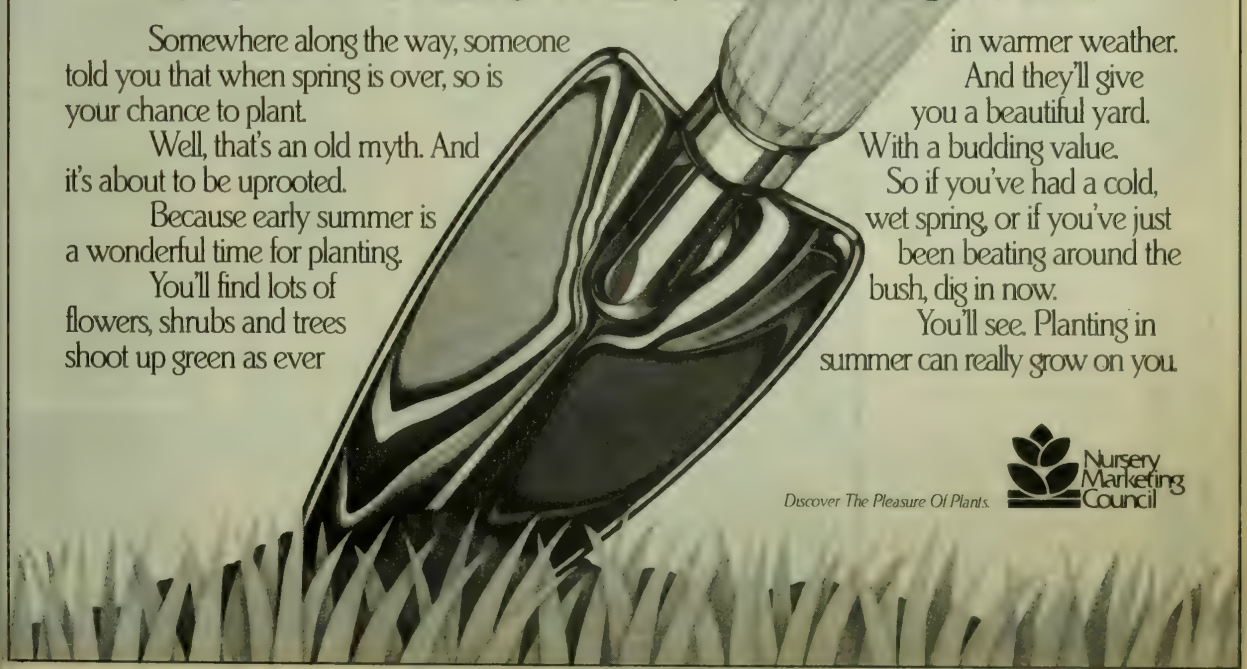
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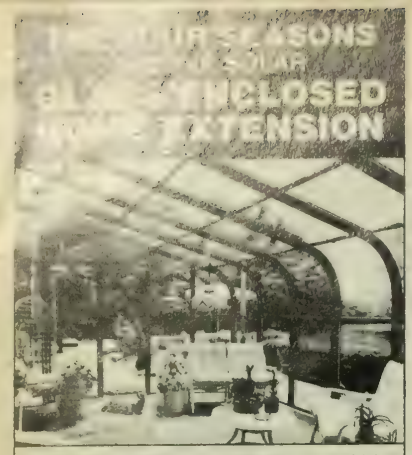
So if you've had a cold, wet spring, or if you've just been beating around the bush, dig in now.

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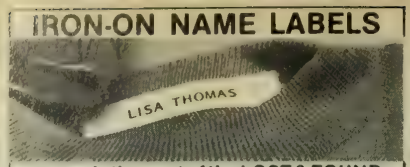


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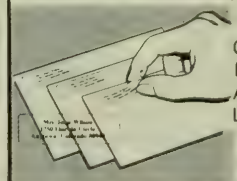
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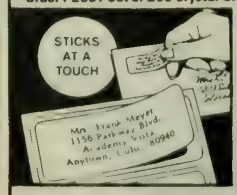
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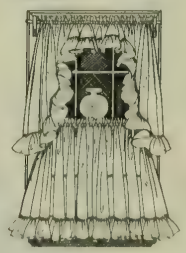
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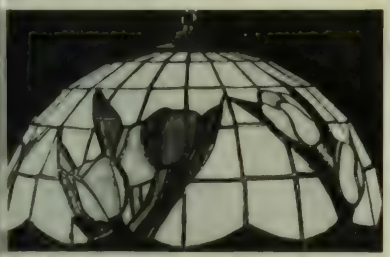
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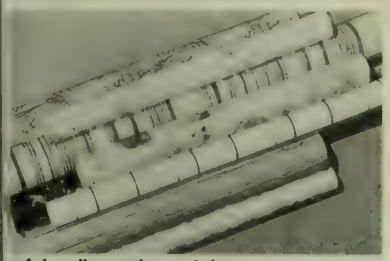




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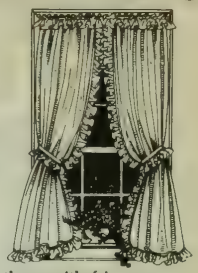
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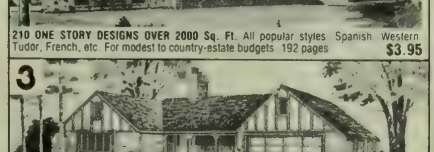
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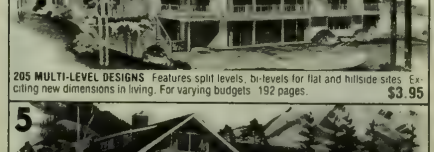
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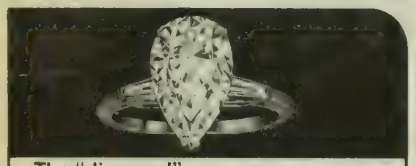
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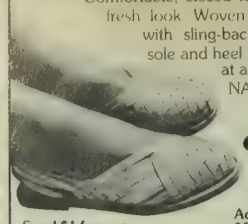
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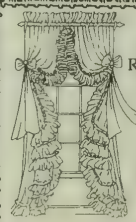
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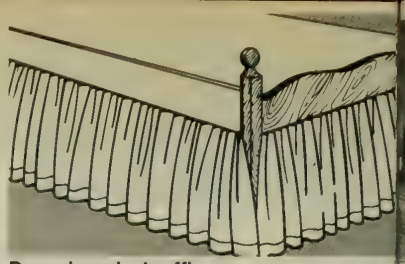


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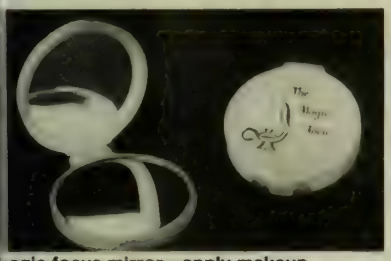
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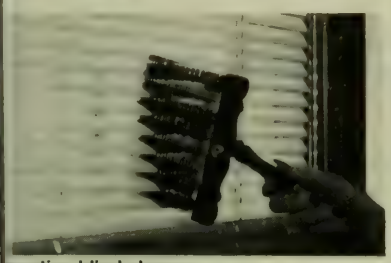




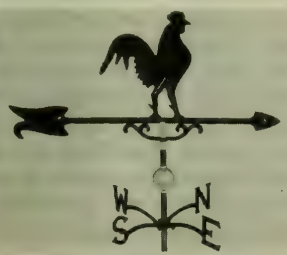
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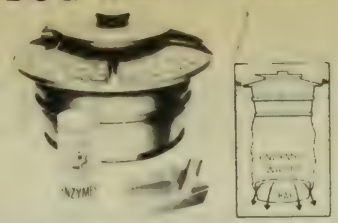


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The Man Next Door®

After attending three graduation ceremonies in one month, Dick Dresch advises commencement speakers to do less commencing and more concluding.

"Judging from today's gas stations, discount stores, and automatic banking machines, we definitely are a 'self-serving' society," observes editor Earl Reeves.

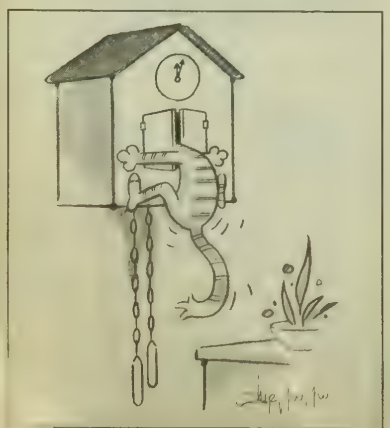
Lee Bayless is thrilled about the new pool in his backyard. He's even promised to invite us over for a party, just as soon as the kids get the pool inflated.

Betty Bigley claims she'll really take a news bulletin seriously when the networks interrupt a commercial to deliver it.

When it comes to dental checkups and medical exams, Elaine Cowan says she far prefers seeing the dentist—there's no weigh-in.

Dr. Bob Hannelly contends that the secret to living a long life is simple: Get plenty of exercise, eat right, avoid bad habits . . . and pick your ancestors very carefully.

Dot Dresch claims she'll be happy if she just breaks even on her vegetable garden this year. To Dot, that means not having her back give out before her green beans, tomatoes, broccoli, and zucchini do.





"I guess those who fail to learn from history are destined to repeat sixth grade."

Einstein never faced the really tough mathematical problems, notes Lee Bayless—like figuring the odds that it will rain on a company picnic for 500 people that Lee is planning for a month from now.

I like the homemade sign that the Freemans have posted above their pregnant retriever's doghouse: "Litter to follow."

We're getting a lot of campaign letters in the mail these days. Based on their content, Chris calls them "promissory notes."

Dot Dresch says one of her favorite pastimes is "recreational shopping"—having an item she doesn't desperately need, may not be able to find, and can spend months browsing for during outings to the mall.

"These are times," a perspiring Ken Floyd said during our first heat wave of the season, "that fry men's soles."

Our lawn is the bane and the joy of my summers. Over the years, I have raked, seeded, sodded, watered, and fertilized enough bluegrass to carpet a continent. My front lawn reflects my enthusiasm, but every year I contend with the same stubborn bare spots in the backyard. I water, I seed, and I watch the first blades of grass appear. Then baseball season starts, and all is lost.

Those scruffy patches of earth I refer to are the pitcher's mound and home plate in a make-do backyard baseball diamond. I'm tempted to lay down the law with Burt and Judy and their neighborhood pals: no baseball in the backyard, no more trampling the lawn.

Then I hesitate. Something tells me that, soon enough, there won't be any exuberant runners to race around those well-worn base lines. No pandemonium. Just a healthy, green lawn. And that's precisely when I give in . . . until, of course, next year.

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